



Root to Rise

**Yoga Escape
in Monferrato**

with
Serena Buttaboni
& Sarah Haghighi

**October 23-25
2026**

The concept

Ground down. Rise renewed.

This October, step into the quiet beauty of **Monferrato** for Root to Rise: an intimate weekend designed to help you find your **grounding, awaken your energy and invite a renewal**. As the hills turn gold and the air turns crisp, you're invited to let go of your old leaves and settle into something new.

Through the **rising fluidity of Yoga** and the **grounding precision of Dynamic Pilates**, you'll balance movement and stillness, effort and ease. These embodied practices become a mirror for your own cycles of growth.

Life Coaching sessions with Sarah will gently guide you toward clarity and purpose, offering a safe space to reflect on what's ready to emerge in your life, helping you align your personal evolution with the rhythm of the season.

Beyond the mat, the weekend unfolds at its own pace. **Long, unhurried meals shared around the table become moments of connection:** simple, seasonal vegetarian food enjoyed in good company. Between sessions, **wander through the vineyards, let walking clear the mind**. And with time set aside for **creativity**, you're invited to express what words alone can't hold: whatever wants to surface, in the form you choose.

Join us for a sacred pause to breathe, move, share, create, and remember the beauty of becoming a little more yourself as the seasons change.



The location



Program

Overview

The retreat will take place from
Friday 23 to Sunday 25th October 2026
2.5 days — 2 nights

Highlights

- **Vinyasa Yoga, Yin Yoga**
- **Pilates, Mobility Flow**
- **Sound Bath**
- **Life Coaching**
- **Nature Walks**
- **Free time** to relax, chat, read, ...
- **Hearty vegetarian meals**

All levels of Yoga and Pilates practice are welcome!

Day 1

- **From 16:30** — Arrival at the Villa (*later arrivals are possible too*), time to settle, meet the others, welcome tea & snacks
- **18:00** — Opening Circle
- **18:30** – Vinyasa & Pranayama w/ Sarah
- **20:00** — Dinner
- **21:30** — Relax & chats around the fire

Day 2

- **08:00 - 09:00** — Light breakfast
- **09:00 - 10:30** — Vinyasa Flow w/ Sarah
- **11:00 - 12:00** — Walk in nature
- **12:00 - 13:30** — Brunch
- **13:30 - 16:00** — Free Time
- **16:00 - 18:30** — Creativity
- **18:30 - 20:00** — Mobility & Yin class w/ Serena
- **20:00 - 21:30** — Dinner
- **21:30** — Chats, movie night, sound bath...

Day 3

- **08:00 - 11:00** — Breakfast & Life Coaching with Sarah
- **11:00 - 12:00** — Pilates w/ Serena
- **12:00 - 13:30** — Lunch
- **13:00 - 16:00** — Packing & Goodbyes!

Packages

- **Price is all included:**

- ✓ 2 nights accomodation
- ✓ 3 Yoga practices and 2 pilates & mobility sessions
- ✓ All activities including Life Coaching
- ✓ 1 big brunch, 1 breakfast, 1 lunch, 2 dinners + tea, coffee & snacks

- **What is not included?** Transport to venue

Small venue: 8 spots only, rooms will sell-out fast. Don't wait too long to book to avoid disappointment.

Master Room (x1, for 1-2 persons)

King size bed

Single use: 460€

Sharing with a friend: 350€ /pp.

1-2 spots open



Single Room with private toilet

French double bed

460€

1 spot open



Single Room with shared toilet

French double bed

440€

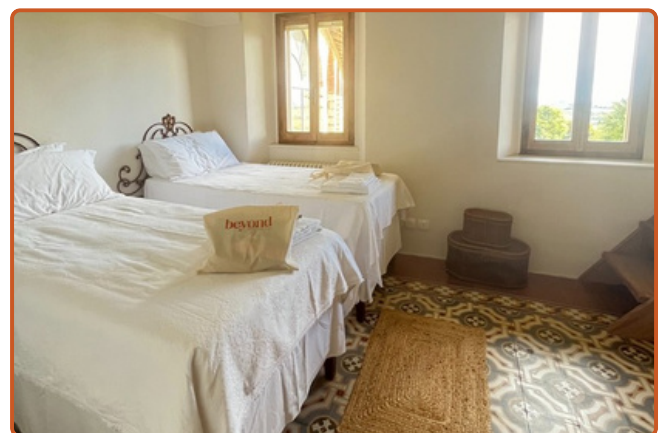
1 spot open

Twin Rooms (x2, 2 persons each)

Single bed

395€

4 spots open





Howto book?

1. Send an email to retreats@beyondyogamilan.com

Subject: Monferrato October Retreat

Specify your name, your email address & phone number.

Or a DM on WhatsApp: +39 3388922688

2. You will **set up an account** on our BSPORT platform

[If you don't have one already]

3. Upon confirmation of availability, we will send you a link to secure your spot. A **deposit of 150€** is required to secure your spot.

4. **We will send you 1 or 2 links to pay the rest of the amount in the next months. Full payment needs to be done by October 1st**

5. Before retreat starts, **fill up the online form sent to you** and **inform us of any allergies**

Refund & cancellation policy:

- *The deposit will be given back to you in full in case the retreat doesn't reach the minimum capacity to start*
- *100% refund if cancellation occurs before 01/09*
- *50% refund if cancellation occurs before 15/09*
- *No refund from 01/10 and for no or late shows*

FAQ

How do I get to the Villa in Monferrato?

The Villa is accessible **by car**. **Carpooling will be organized on the WhatsApp Group** that will be created before the retreat start. Renting and sharing a car from the city such as **ShareNow** is also great option.

Do I need to bring a yoga mat?

No, **a yoga mat will be provided** on site, but feel free to bring your own mat if you prefer!

What about the meals?

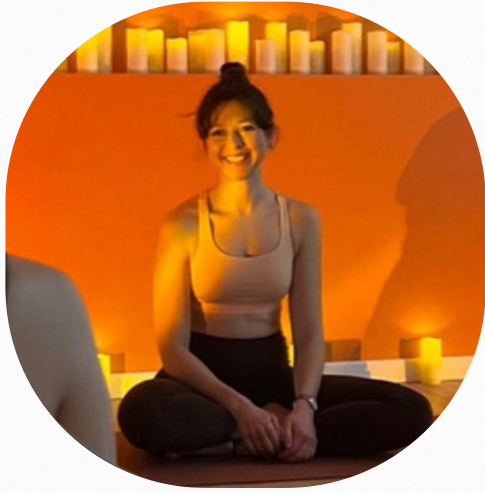
The **meals are vegetarian and highly nourishing** — We promise you won't go hungry! We also provide **coffee, tea, and snacks** at all times throughout the day.

We can **adapt the menu to your dietary restrictions**. Please communicate clearly about your food intolerances or allergies way before retreat start.

What to bring?

We will send you a **specific packing list on the WhatsApp group** according to the weather. Overall, we recommend you bring comfortable clothings in which you can move freely, layers to add on & shawls for meditation and shoes to explore around!

About us



Sarah

Certified Yoga Teacher + ICF Life Coach

@sarah_haghighi_

- Vinyasa & Meditation
- Life Coaching
- Sound Healing



Serena

Certified Yoga and Pilates teacher - Authorized PT ASI

@serenabuttaboni

- Vinyasa, Yin and Meditation
- Pilates matwork, Reformer and Barre
- Functional training - PT



Final words

Because there is nothing more gratifying for us than to know that you are happy and in the right place for you - just as there is nothing worse than to know that you are disappointed - clarity and transparency are necessary!

- **This retreat is for you if:** you enjoy doing yoga (regardless of your level), if you wish to recharge and quiet your mind, if you profoundly like other people and are willing to contribute to group living, if you are sensitive to beautiful natural environments.
- **Conversely, this retreat is not for you if:** you expect 5* hotel-grade amenities & around-the-clock services, to visit all the hotspots of the region with the group, to party hard, or a fully-programmed trip with no space for spontaneity and reflection/individual time. If you don't want to share experiences with others.

Looking forward to sharing this beautiful escape with you all!

Namaste

Sarah & Serena