



SEEDLINGS

*Retreats & Holidays*

By Jen Bailey-Hobbs

**Italian Wellness Retreat:**  
**Rejuvenate Your Soul in the Heart of Southern Italy**

**14-19th June 2025 & 22-27th June 2025**

Sunshine, Mindful Wellness, and Authentic Italian Delights





# A Message from Seedlings

## More Than Just a Retreat...



At Seedlings, we understand that so many of us don't realise what we truly need until we find the time to slow down and just be. That's why we're passionate about creating environments that nurture growth, offering transformational experiences, and building memories that last a lifetime. We're excited to invite you to our Italian Wellness Retreat in June 2025, where you'll discover a new level of well-being amidst breathtaking scenery.





# Your Italian Sanctuary

## Discover the Magic of Villalfonsina Country House



” Nestled in the rolling hills near Abruzzo, our architecturally designed retreat base offers unparalleled tranquility.

Imagine yourself:

- Smelling the coffee, feeling the sun, the warmth on your body, and the internal glow that laughter ignites.
- Start your day with light exercise, breathwork, and yoga overlooking vineyards.
- Taking a refreshing dip in the 25-metre Olympian-designed pool
- Savouring delicious Italian meals under the sunset sky



# Rejuvenate Your Mind & Body



## A Journey to Inner Peace



Our Italian Wellness Retreat is designed to help you rest without guilt, calm your mind, and discover the most impactful wellness tools to manage the chaos in everyday life.

We truly believe that retreating to recharge and nourish is sometimes the only way forward. Through daily yoga, breathwork, movement and mindfulness, you will learn to:

- Find stillness within
- Strengthen your mind-body connection
- Cultivate lasting wellbeing



# A Taste of Italy



## Savour the Flavours of Abruzzo



Indulge in the authentic tastes of Italy with:

- ✓ Delicious, nourishing meals prepared with fresh, local ingredients
- ✓ An exquisite seafood restaurant experience savouring the finest of cuisines.
- ✓ A delightful Italian vineyard tasting tour (optional, minimal cost)
- ✓ And, of course, a cheeky chilled glass or two of locally sourced Italian wine with supper





# Meet the Team

## Authentic Love & Healing Intention



The Seedlings Team are passionate facilitators of connection and transformation.

Your host, Jen, will be joined by our resident photographer, fabulous sidekick, and talented musician, Chris.

This year guests are blessed with our American Goddess, Emma, from Chicago to share her yogic magic, and Jodie, our fabulous fitness coach, joining us for week two.

Both retreats are supported by Ingrid and her amazing Italian team of chefs, making the events seamless.





# The Daily Rhythm

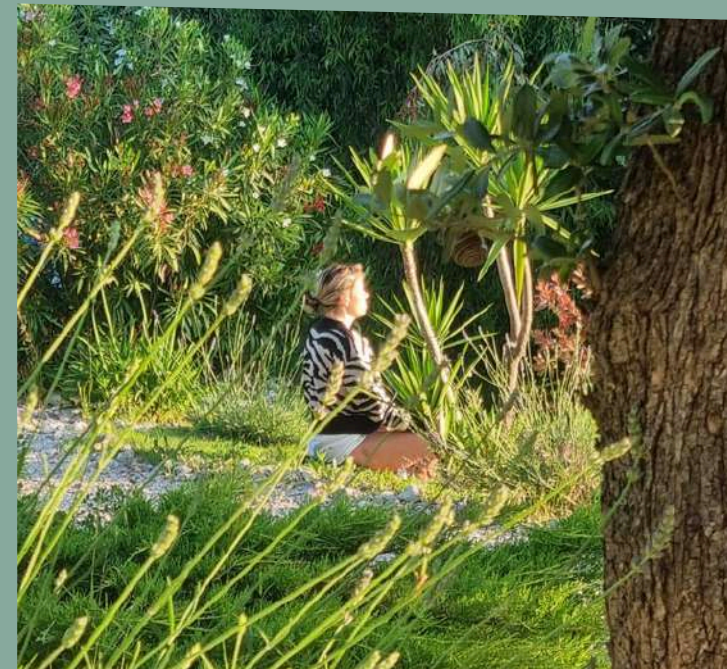


Every day presents a new opportunity to find peace and joy by embracing the ability to rest without guilt whilst immersing yourself in a plethora of wellness experiences.

## A typical day may look like this:

- Morning walks, meditations, and breathwork, followed by an energizing Yogic flow.
- Free time to do as you wish: swim, sleep, read, walk, sunbathe, or indulge in a relaxing treatment or massage.
- Delicious lunch embracing the Italian delights by Ingrid and her team.

## Your Day, Your Way





# The Daily Rhythm



## ”” A typical day continued:

- Some afternoons will include optional excursions: beach visits, bike rides, guided walks, or a stroll around a cute Italian village.
- Transformative evening events including Restorative Yin and Nidra, Qigong, Cacao ceremony, and Moon ceremony, all enveloped in soothing sound.
- Day concluded with group dinner and togetherness, full of laughter, love, and a little music.

But please remember, this is **your** retreat. Do as little or as much as **you** want. Your body will tell you what you need if you find time to step out of your own way!

## Your Day, Your Way





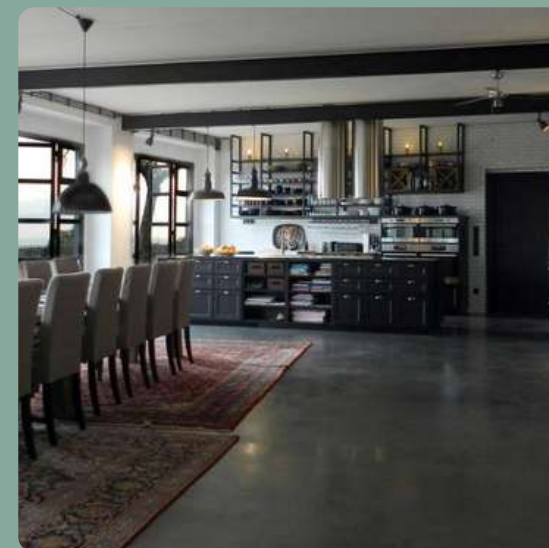
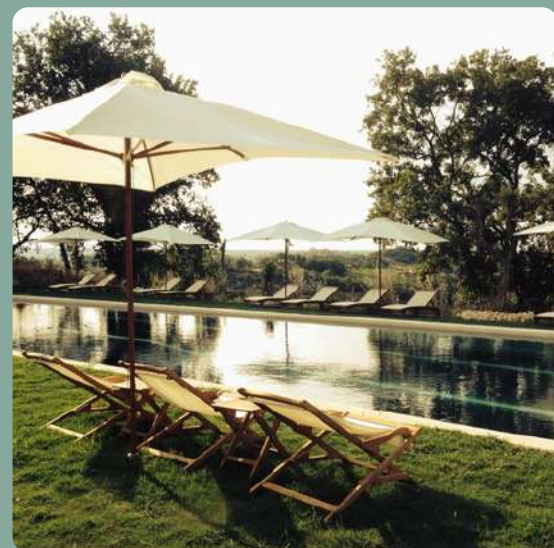
# Accommodation & Location

## Your Home in Italy



Our retreat address is Contrada Campo di Pardo 15, Villalfonsina. The Country House is located 16 km from San Giovanni in Venere Abbey.

Villalfonsina Country House provides accommodation with a seasonal outdoor 25-metre swimming pool, stunning gardens, and spacious lounge. The hotel features garden views of vineyards and distant sea, a terrace perfect for dining, a magical Shala, and free Wi-Fi.





# Investment & Details

## Secure Your Spot on our Italian Wellness Journey



The retreat cost is **£1650 per person**, sharing a twin room. Join us for 5 nights of accommodation and 6 days of adventure!

Your Investment Includes:

- All meals and drinks, including locally sourced wines.
- Seafood restaurant visit- the opportunity to sample the delights of local cuisine.
- Excursions, including guided walks, beach cycles, and swims.
- Vineyard and Village tour (optional).
- Daily movement, breathwork, meditation, and yoga classes.
- Free time for walking, swimming, and chilling by the pool
- Transformative and healing Evening events including Restorative Yin Yoga, yoga Nidra, Cacao ceremony, and QiGong and Sound.

### **Optional Extras (Available at Additional Cost):**

Reiki healing provided by Reiki Master Jen, and relaxing massages or treatments offered by a member of Ingrid's team.





# Investment & Details



## Secure Your Spot on our Italian Wellness Journey

### Flights & Transfers

Flights are not included in the retreat cost. We recommend flights from Stansted to Pescara with Ryanair, arriving and departing on the retreat's start and end dates (June 14th & 19th or June 22nd & 27th).

### Transfers for Recommended Flights:

For guests arriving and departing on the recommended Ryanair flights on the specific retreat start and end dates, return transport between Pescara Airport and the retreat venue is provided at a cost of £50 each way.

### Independent Travel:

You're welcome to extend your adventure in beautiful Italy, but please note that transfers to the retreat are only provided for the recommended flights. For independent travel, taxis, buses, and trains are readily available. We're happy to offer recommendations!

### Booking

With just a few spaces remaining, please contact us at [info@seedlingsretreatsandholidays.com](mailto:info@seedlingsretreatsandholidays.com) or call 07884007525.

If this wonderful experience is calling to you, secure your life-changing slot today!







# Testimonials...

**SEEDLINGS**  
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By Jen Bailey-Hobbs

“ The Italian Retreat was an experience that left an indelible mark. The tranquil setting and kindred spirits created a sanctuary of support and growth. Every detail was saturated with care. I wholeheartedly recommend attending a Seedlings Wellness Retreat! The impact extends far beyond the retreat, creating ripples of tranquillity and mindfulness.

“ I have had such an amazing time. I feel completely renewed. Thank you so much to Jen and Chris for all your hard work and for making it happen. It was perfect and hoping to see you both again soon!



# Contact & Booking Information:

**PHONE**  
07884007525



**EMAIL**  
[info@seedlingsretreatsandholidays.com](mailto:info@seedlingsretreatsandholidays.com)



**WEBSITE**  
[seedlingsretreatsandholidays.com](http://seedlingsretreatsandholidays.com)





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