

The place



A short distance from nearby cities, including Siena (10 km) and Florence (45 km), and a short walk from Monteriggioni, Ebbio is located in the heart of the Tuscany region, renowned for its fertile landscapes and its artistic heritage. Tastes, smells, sounds and sights combine with history to create a vacation experience that is like stepping into another world.

Ebbio is the perfect retreat and vacation spot in the heart of Tuscany, a beautifully restored 13th century farmhouse transformed into a peaceful retreat spot. Immersed in an evergreen forest, it is located on an extinct volcano that was sacred to the Etruscans, and overlooks the medieval town of Monteriggioni.

Here the rustic ways of old Italy are preserved, where people devote themselves to the organic cultivation of olive trees, vineyards, fruits, vegetables and herbs, then used to prepare homemade vegetarian meals. The unique décor of the 10 rooms is based on this traditional heritage, with the colors of the earth and the windows overlooking the rolling Tuscany hills.





It is a perfect space for an unforgettable retreat - it's easy to free the mind and body in a place designed for movement practice, relaxation, holistic therapy and for a creative escape.

Our spacious indoor activity studio comes complete with hardwood floors, outdoor patio and plenty of yoga mats.

The thick walls and terracotta tiles of the house keep our guests cool in the summer and cozy in the winter, and the numerous windows let in the lavender-scented breeze. Our 10 uniquely decorated rooms are grouped around a large common area containing a traditional fireplace. On the ground floor, we have a multipurpose activity room with wooden floor of 100 square meters, with adjacent bathroom. There is also a massage room and a wood-fired pizza oven.



Rooms

single, double and triple





The practice

The retreat rises from the desire to explore the body through movements that drag inspiration from acroyoga, contact improvisation, dance and children's games.

Free Movement: it's an individual practice to free the body's natural movement through explorations inspired by dance, animal's gaits, theater and children's games to stimulate the playful spirit, strengthen and mobilize the whole body.

Acroyoga: it is a practice that combines yoga positions with acrobatics, it is a contact practice that unites two or more people in an aerial exploration. Positions of balance and strength opposed to positions of stretching and relaxation.

Contact Improvisation: it is a dance practice in which the points of physical contact, between at least two dancers, become the starting point of an exploration made up of improvised movements.

There will also be an opportunity to do relaxation and stretching practices to restore balance in the body after the activating classes.



Organic and Sustainable Food



Teachers



Beatrice Bellet

Art, fluidity and Nature are just some of the keywords that guide my expression.

After a childhood in classical dance, between gracefulness, technique and rigor, I found in yoga the freedom of movement that my body was looking for.

My great curiosity about this world led me to train as a yoga teacher, where I got in touch with the playfulness and lightness of AcroYoga broadening my views on the potentials of self-exploration. This constantly evolving research has led me to re-embrace my passion for dance, with a contemporary twist. Floor movements, guided improvisations, space explorations and contact are now leading my path to a more complete and free expression of myself.

I'm happy to share and explore together the magic of our bodies when released from the fear of the self and of the other.



Francesco Scalco Bonaldo

As a photographer and video maker, as a basketball player, yoga and acroyoga teacher, as a DJ and Truth seeker, here I am sharing my experience focused on the qualities of curiosity, freedom and discovery.

Recently freed from the disciplined discipline of yoga, I let myself be inspired by the pursuit of free movement. Through contact improvisation and the playful exploration of

acroyoga I hope to bring you to experience movement for the sake of moving. I look forward to seeing you.

Programme

Saturday 1/07

14:00 - 18:00 Arrival + Room Accomodation
18:00 - 19:30 Opening class + Free Movement
20:00 - 22:00 Dinner + Stargazing

Sunday 2/07

8:00 - 10:00 Free Movement + Contact Improvisation
10:30 - 12:00 Brunch Buffet
12:00 - 17:00 Free time *
17:00 - 19:00 AcroYoga
19:30 - 22:00 Dinner + Guessing game

Monday 3/07

8:00 - 10:00 Free Movement + Contact Improvisation
10:30 - 12:00 Brunch Buffet
12:00 - 17:00 Free time *
17:00 - 19:00 AcroYoga + Flying Therapy
19:30 - 22:00 Dinner + Stargazing

Tuesday 4/07

8:00 - 10:00 Free Movement + Game
10:30 - 12:00 Brunch Buffet
12:00 - 17:00 Free time *
17:00 - 19:00 AcroContact
19:30 - 22:00 Dinner + Fire

Wednesday 5/07

8:00 - 10:00 Free Movement + Contact Improvisation
10:30 - 12:00 Brunch Buffet
13:00 - 14:00 Check out

Activities

*The activities are optional and external to the participation fee.

** Prices to be asked to the host structure.



Horse Riding

Horses are waiting for you just 5 km from Ebbio to take you for a ride through the colorful woods of the Chianti hills and connect with the most authentic nature.



Trekking into the wild

The volcanic geology of Tuscany has left it with the highest concentration of hot springs in Italy. Surrounded by greenery or ancient environments, refreshing waters can be found all around: Bagni Vignone, (40 km), Rapolano Terme (45 km) and Bagni San Filippo (80 km)



Private Massage

Ask at the reception the list of oriental and traditional massage they can provide. It's a beautiful experience to support the practice and your self-care..

Book now

Prices are per person

Triple room **760€**

Double Room **920€**

Single Room **1160€**

Included

- ° **8 movement class** - acroyoga, contact improvisation, free movement, relaxation
- ° **4 nights in a Tuscany Villa of 1200 elegantly renovated**
- ° **8 complete vegetarian-organic meals**
- ° **8 early tea before morning practice**

Non-Included

Transport and extra activities

To reserve your seat, send 30% of the total by bank transfer:

IBAN: IT34F0344214239000044613181

Bank: Widiba

Name: Francesco Scalco Bonaldo

Description: Ebbio 2023

Cancellation Policy

- The 30% deposit will not be refunded after June 20th 2023