



*Casa Farsetti // 3-5 October*

# wise presence

*JIVAMUKTI YOGA RETREAT*



*03* • Concept

*04* • Journey

*05* • Practice

*06* • Location

*08* • Food & Beverage

*10* • Prices

*11* • Special Collabs

*14* • Q & A



## *Wise Presence*

Wise Presence is both the practice and the goal: to live with awareness and balance, in relationship with ourselves and others—two aspects that are inseparable from one another.

Being present means fully engaging with the current moment rather than moving through life on autopilot.

Wise describes someone with deep understanding; wisdom goes beyond intelligence—it includes emotional insight, patience, and often a quiet sense of humility.

The retreat offers a pause—a chance to step away from the rush of everyday life and reconnect with what truly matters.

We'll share in practice, silence, movement, and nourishing meals prepared with care and mindfulness. All this, in a peaceful and thoughtfully curated setting in the heart of Tuscany.

There's no need to do much. Just come with an open heart and a willingness to listen—to your body, your breath, your inner rhythm, and the landscape around you.



Friday 3rd

- 17.00 - arrival & check-in
- 19.00 - introduction circle
- 20.00 - welcome dinner
- 21.30 - breathing & poems



Saturday 4th

- 8.00 - light breakfast
- 8.30 - meditation
- 9.00 - open class XL
- 12.00 - brunch
- 14.00 - relax and free time
- 17.00 - sperimental yoga
- 18.30 - restore & renew
- 20.00 - dinner
- 21.30 - mantra chanting



Sunday 5th

- 8.00 - light breakfast
- 8.30 - walking meditation
- 9.00 - open class XL
- 12.00 - brunch
- 14.00 - time to say goodbye





A person is performing a handstand on a brick path. Their legs are spread wide in a V-shape, and their arms are extended upwards. The background consists of a rough, layered rock wall. The overall image has a dark, muted color palette.

## *Jivamukti with Diletta*

Practice is one of the most powerful tools we have to bring our intentions to life. Throughout human history, countless forms of practices have emerged—each seeking to unite mind and body across cultures and traditions.

During this retreat, we will explore elements of yoga through the lens of the Jivamukti method. Diletta, a certified 800-hours Jivamukti Yoga teacher, will guide us through breathing techniques (prāṇāyāma), movement and postures (āsana), chanting (bhaktī), and meditation (dhyāna).

By sharing the rich philosophical teachings at the heart of the Jivamukti tradition, Diletta creates a supportive and inspiring space where each person can grow through the practice. Her classes are rooted in presence, combining thoughtful, creative sequences with a calm and grounding energy. All are welcome—no prior experience is needed.



## *Casa Farsetti*

Casa Farsetti is a place of gathering, sharing, and heartfelt hospitality. Since 2022, it opened its doors to the public with a renewed vision—one where hospitality is infused with art, food, and nature.

The house carries the scent of its own history, from the exposed wooden beams above to the warm sienna-clay tones of its walls.

Guests are welcomed through an open-air lounge, shaded by citrus trees and paved in terracotta tiles. Stone steps lead to a cozy kitchen with a fireplace, then to a dining room centered around a long antique table that seats up to sixteen. The journey ends in the inviting warmth of the living room—a space made for rest and connection.

Upstairs, four uniquely styled bedrooms await, featuring wrought iron frames, wooden wardrobes lined with wallpaper, and ceramic lamps.

Outside, the garden leads to a private pool reserved exclusively for guests, surrounded by vineyards, olive trees, and rosemary.







## *Valentina Raffaelli*

What we eat is not only a fundamental part of who we are, but also shapes the way we perceive the world, interact with others, and make decisions. Conscious eating holds the power to transform our lives, the lives of those around us, the planet we call home.

During this experience, we will have the opportunity to enjoy four special meals crafted from local and seasonal ingredients, thoughtfully combined in a creative and unique way by one of Italy's most talented young chefs.

Valentina is a culinary researcher and educator, specializing in food waste, biodiversity, and sustainability. Having worked in the kitchens of renowned restaurants, she now leads temporary culinary projects as a resident chef, sharing her vision in diverse locations, settings and cookbooks.







# What is included in the price?

Accomodation



Yoga & meditation practice



Food & beverage



Activities



Special collaborations



	Early bird <i>(until June 30th)</i>	Regular
<b>Triple room</b> <i>(one double bed + one single bed)</i>	395 € <i>* 1 room available</i>	415 € <i>* 1 room available</i>
<b>Double room</b> <i>(kingsize bed shared)</i>	420 € <i>* 2 rooms available</i>	440 € <i>* 2 rooms available</i>
<b>Double room</b> <i>(separate single beds)</i>	445 € <i>* 1 room available</i>	465 € <i>* 1 room available</i>
<b>Single room</b>	475 € <i>* 1 room available</i>	495 € <i>* 1 room available</i>

\*price per person



## *Special Collaborations*

Practice doesn't end on the yoga mat—it extends into how we eat, what we buy, and how we consume in everyday life.

To support a more conscious lifestyle and connect with a community of like-minded individuals, we collaborate with a selection of Italian brands that craft everyday products using natural ingredients, plant-based formulas, and mindful packaging.

During the retreat you will have the chance to discover their stories and receive as gift some of their products, contributing to spread of a wise way to approach consume.



bön  
bōri

@bonbori.bonbori



ATTICO

@atticosoap



ORALAE

@orala\_





A woman with her arms raised in a yoga pose, viewed from behind, with text overlaid.

## *How to reserve?*

Send an email [wisepresence.retreat@gmail.com](mailto:wisepresence.retreat@gmail.com)  
to check availability and reserve your spot.



*Who is this retreat for?*

This retreat is for anyone seeking a deeper connection with their body, emotional world, and creativity. It's for those who are committed to personal growth and open to being surprised by the journey.

*What is included in the price of the retreat?*

The price includes accommodation, all meals, yoga sessions, group activities, and any materials needed for the practices. Transportation to the location is not included.

*How do I get to the retreat location?*

Casa Farsetti is located in V. del Vallone, 32, 50051 Castelfiorentino, Firenze. Arrival is possible either by car or train. If you are planning to arrive by train, we will be in touch to pick you up at the station Florence Santa Maria Novella.

*Do I need previous experience in yoga?*

No experience is required. Just come with a beginner's mindset and a willingness to explore new possibilities.

*What is an Open Class XL?*

An Open Class XL is a 120-minute Jivamukti Yoga class designed to explore the full spectrum of the practice. With extended time for movement, breathwork, relaxation, and philosophy, it's open to all levels—from beginners to advanced practitioners.





A dimly lit yoga studio with people in various poses. The room is dark, with a warm light source in the background creating a silhouette effect. Several people are visible in different yoga poses, including standing, sitting, and lying down. The floor is covered with mats, and the overall atmosphere is calm and focused.

### *What is a Restore & Renew practice?*

Restore & Renew is a gentle and calming class focused on deep physical and mental relaxation. Using restorative postures, breath awareness, and meditative stillness, it offers a peaceful balance to more active practices.

### *Will there be group and individual activities?*

All scheduled activities are designed for group participation, but there will also be ample space for introspection and rest. Participation is always optional—follow your own rhythm.

### *What kind of food will be served?*

Meals will be vegan, nutritious, and balanced, made from fresh, seasonal, and locally sourced ingredients.

### *Which language will be used during the yoga classes and activities?*

The retreat will primarily be conducted in Italian; however, sessions can be adapted to English depending on the group of participants

### *Can the payment be split?*

Yes—let us know your needs, and we'll do our best to find a solution that allows you to take part in this experience.





wise presence

*THANK YOU*