

september 4th-6th, 2026

**GYROTONIC®,
GYROKINESIS®
& HOLISTIC EATING
RETREAT**

casa farsetti, tuscan



**GYROTONIC®
FIRENZE**

**PICNIC
PERMANENTE**



4 - JOURNEY

5 - CONCEPT

6 - LOCATION

7 - PRACTICE

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Friday 4th

2:00 PM - Arrival & check-in

2:30 PM – 5:30 PM

GYROTONIC® Sessions

Individual one-hour sessions with two participants.

5:30 PM - Light snacks and fruit juices

6:30 PM – 7:30 PM

Group GYROKINESIS® Class

8:00 PM - Welcome dinner

Saturday 5th*

8:00AM - Light breakfast

9:00 AM – 10:00 AM

Group GYROKINESIS® Class

11:00 AM – 1:00 PM

GYROTONIC® Sessions

Individual one-hour sessions with two participants.

1:30 PM - Brunch

4:00 PM – 6:00 PM

GYROTONIC® Sessions

Individual one-hour sessions with two participants.

6:30 PM – 7:30 PM

Special GYROKINESIS® Class

Group class led by Master Trainer Silvia Frosali.

8:00 PM - Dinner

*Throughout the day

Individual Osteopathic Treatments (Optional activity)

Available upon request for an additional fee. Advance booking required.

Sunday 6th

8:30AM - Light breakfast

10:00 AM – 11:00 AM

Group GYROKINESIS® Class

12:00 PM - Brunch

2:00 PM - Time to say goodbye

The retreat offers a necessary pause: an opportunity to step away from the daily rush and rediscover balance.

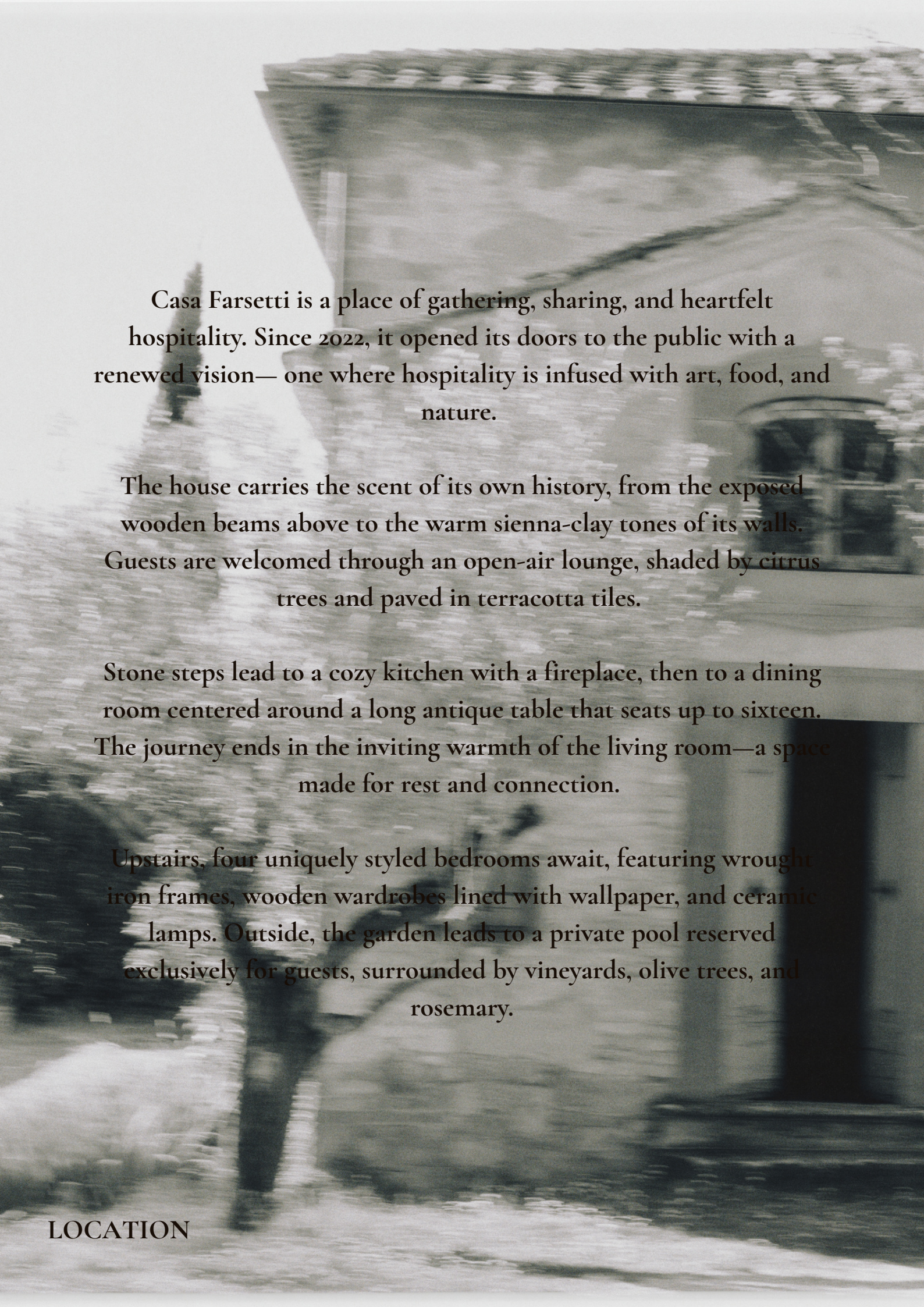
We will share in practice, breath, fluid movement, and nourishing meals prepared with care and presence, all within the welcoming and thoughtfully curated setting in the heart of Tuscany countryside.

There is no need to do much. Just come with an open heart and a willingness to listen: to your body, your inner rhythm, and the fluidity of movement expanding around you.

Born from the vision of Juliu Horvath, the GYROTONIC® and GYROKINESIS® methods offer a unique approach to movement: a profound dialogue between fluidity, strength, mobility, and coordination.

Through specialized equipment and carefully designed sequences, the practice becomes a space for regeneration and rehabilitation, supported by a deeply loyal global community of wellness professionals.

There is no need for advanced preparation. This path is open to everyone: trainers personalize every session to adapt to the rhythm and needs of every body, from professional athletes to those recovering from an injury.



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.

Silvia Frosali has been a GYROTONIC® Master Trainer, a GYROKINESIS® Master Trainer, and an Osteopath D.O., M.R.O.I. For more than two decades, she has been teaching GYROTONIC® and GYROKINESIS® teacher training and certification courses internationally.

A former professional ballet dancer, Silvia discovered the GYROTONIC EXPANSION SYSTEM® in the late 1980s and became one of the early pioneers of the method. She worked closely with its founder, Juliu Horvath, and has since dedicated her career to teaching, training, and promoting the method in Italy and around the world.

As the founder and director of GYROTONIC® Firenze, Silvia has trained generations of GYROTONIC® and GYROKINESIS® instructors from around the world. Her unique background in osteopathy, dance, and movement education has led her to develop specialized educational programs that bridge anatomy, biomechanics, and movement practice.





Camilla Antonielli starts her training in classical and contemporary dance in Naples before continuing her studies in Florence at the Hamlyn School of Dance. Her professional experience includes performing with the Kinesis Dance Company and teaching at the Florence Dance Center. She discovered the GYROTONIC EXPANSION SYSTEM® during her rehabilitation following a knee injury, an experience that inspired her to pursue professional training with Master Trainer Silvia Frosali at GYROTONIC® Firenze. Today, Camilla is a certified GYROTONIC® and GYROKINESIS® Trainer and teaches at GYROTONIC® Firenze.

Viola Montanelli has always had a strong passion for dance and physical activity. Following a serious accident in 2006, she discovered the GYROTONIC EXPANSION SYSTEM® during her rehabilitation. The experience had a profound impact on her recovery and inspired her to pursue professional training with Master Trainer Silvia Frosali. Today, Viola is a GYROTONIC® Trainer and teaches at GYROTONIC® Firenze, where she shares the same approach to movement and well-being that supported her own recovery.



Vanni Montini holds a degree in Exercise and Sport Sciences and completed his GYROTONIC® training with Master Trainer Silvia Frosali at GYROTONIC® Firenze, where he currently teaches. He later qualified as a Swedish Massage Therapist before completing his studies in Osteopathy at SOFI – School of Osteopathy in Tirrenia. Today, Vanni teaches at GYROTONIC® Firenze, combining movement and osteopathy to support health and well-being.

PICNIC PERMANENTE is a project born from the idea of creating hospitality experiences through food, with a simple, mindful, and well-being-oriented approach.

Its founder, Simona, holds an AIOC Italia certification as a Holistic Nutrition Practitioner and brings this vision into the retreats through a holistic, healthy cuisine designed to make people feel good.



The price is per guest and it includes
accommodation, food, activities,
GYROTONIC® and GYROKINESIS® practices.

	EARLY BIRD (The first four guest)	REGULAR (Until August 30th)
SINGLE ROOM	€ 625,00	€ 690,00
DOUBLE ROOM (kingsize bed shared)	€ 477,00	€ 525,00
DOUBLE ROOM (separete single beds)	€ 520,00	€ 572,00



How to reserve?

Send an email
casafarsetti@gmail.com
to check availability
and reserve your spot.

BOOKINGS

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