



YOGA & PILATES  
RETREAT

SEPTEMBER 13 - 20, 2025

PORCIANO CASTLE & VILLAGE  
TUSCANY

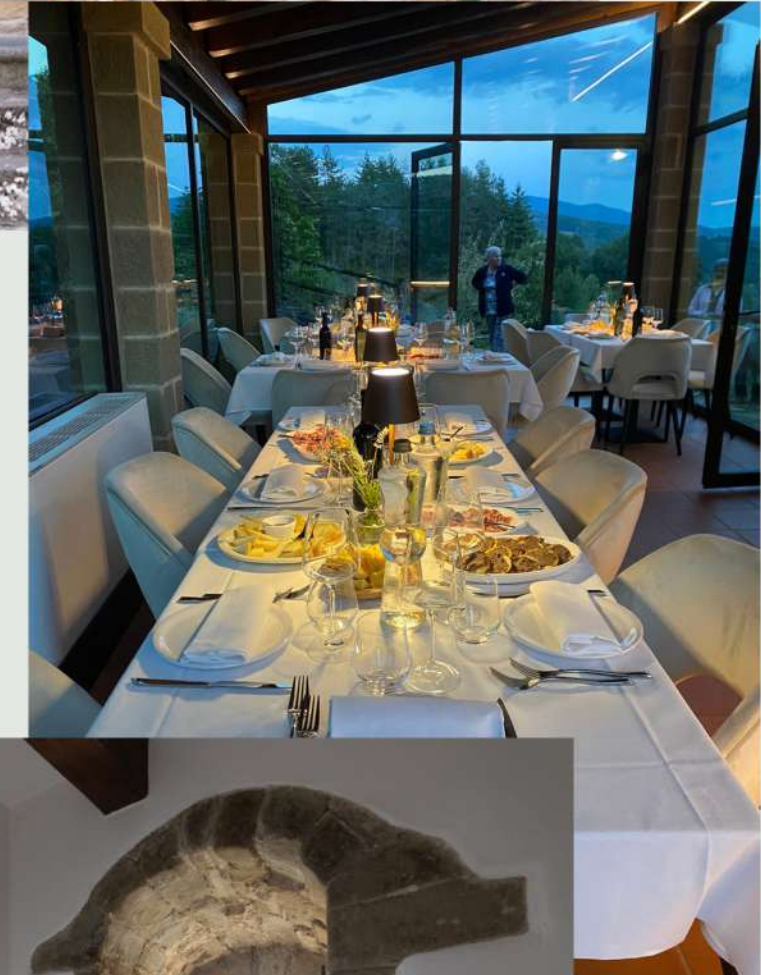
# Join us

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Escape to the serene beauty of Porciano, a Medieval Castle and village in Tuscany, for an exclusive Yoga and Pilates retreat designed to restore balance, increase strength, and cultivate inner peace.

We invite you to unplug from the demands of daily life and reconnect with your body, mind, and spirit. Whether you're a seasoned practitioner or new to these practices, our experienced instructors will guide you through a transformative journey of mindful movement, deep relaxation, and personal growth.

In addition to daily group and private classes, we offer you a variety of guided excursions that allow you to fully immerse yourself in the beauty of Tuscany.



# *The* TEAM

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**Mary Lou Van Teylingen** *PMC Certified Pilates Instructor*

Mary Lou's love of the Pilates method began 35 years ago, while working as an organ transplant coordinator. She earned her certification from the Pilates House in South Africa, a second generation classical Pilates studio. This rigorous training left Mary Lou with a passion to make people feel their best through the practice of Pilates with a goal to have students feel stronger, leaner, longer and more flexible. Mary Lou has taught in a variety of settings and countries including the United Kingdom, Spain, Turkey and Nicaragua. Mary Lou is devoted to wellness, both physical and mental and believes that the Pilates Method encourages and expands the mind, body, spirit connection.



**Eleni Derke** *RYT 200 - Yoga, CP 500 - Pilates Instructor, Reiki Master, J.D.*

Eleni discovered yoga as a way to deal with Crohn's disease triggered by her legal and judicial careers. She became certified to teach yoga in 2004 and has taught ever since. She is a true testament of the benefits of asana and meditation practice as she kept the symptoms of disease at bay for over 20 years. She intuitively moved and repeated the yoga poses to make them more powerful, so it was only a matter of time till she discovered the amazing benefits of Pilates. She became certified to teach Pilates in every apparatus in 2020 and uses this powerful exercise modality in combination with yoga to increase strength, maintain good posture and balance. At 63, Eleni counts on yoga and Pilates to continue to age gracefully, keep a calm mind and face life's obstacles with resilience. It has also given her the strength and stamina to explore places from the Himalayas, Everest base camp trek and to Antarctica. She hopes to impart her knowledge and experience to bring joy, vitality and peace to your life's journey.



**Bonnie Davis** *RYT 500 - Yoga, CP 500 - Pilates, Reiki Master, Breath work facilitator*

Bonnie discovered yoga in her early twenties as a therapeutic approach to managing her scoliosis. What began as a physical practice soon blossomed into a profound source of peace and mindfulness in her life. Upon moving to Jacksonville, Florida in 2003, Bonnie received her first yoga teaching certification. With over twenty years of teaching experience, Bonnie has dedicated her career to sharing the transformative power of yoga, specializing in breath work and therapeutic techniques. Bonnie continued her quest to understand the human body and completed her Pilates certification in 2020. Yoga has taken Bonnie to classes from South Africa, Central America and Europe. Along with teaching regular Pilates and Yoga classes, Bonnie currently works with the Christina Phipps Foundation bringing free community classes to anyone dealing with cancer.



**Linda Crofton** *Host/Facilitator*

The organizer of this exclusive retreat, Linda Crofton has a remarkable entrepreneurial spirit that is apparent with her lifelong work in leadership and management in the nonprofit sector. She is experienced in startups in the performing and cultural arts. Linda's deep faith and daily pursuit of holistic living includes Yoga and Pilates. She is thrilled to introduce you to the Casentino Valley known for its mediaeval Castles, hill towns & villages, it is a place where people in Italy and surrounding countries have escaped the summer heat - and now, the bustle of tourism - - for centuries.

# *The* LODGING

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Participants will have the choice to stay in the Castle tower, which has 5 bedrooms, 3.5 bathrooms and a communal kitchen, or in one of the 8 stone cottages that surround the Castle. The cottages have either one or two bedrooms and one or two bathrooms. All the cottages have kitchens. Laundry is available on the property.

Accommodations are either single or double occupancy and will be assigned on a first-come first-serve basis.



# *The* SCHEDULE

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We are thrilled to offer a range of EXPERIENCES during the week.

You will be introduced to Porciano with a rooftop welcome apericena (Italian buffet dinner). Your first day we will also offer a walking tour of Porciano and the village of Stia, a short walk from the Castle.

Each morning, you'll begin your day with a Sunrise Yoga and/or Pilates sessions, followed by a full breakfast in our restaurant.

Yoga and Pilates classes will take place in a variety of beautiful locations, including the castle itself, the garden, the rooftop, and other scenic spots around Porciano and the national forest.

After breakfast, you will choose between the included excursions, optional excursions, hiking, pilates, yoga, lounging by the pool, meditating, or simply exploring the castle and the grounds.



# *The* TRAVEL

THE CLOSEST AIRPORT TO PORCIANO IS THE FLORENCE AIRPORT, AMERIGO VESPUCCI (FLR).

**Remember the TRANSFER from Florence to Porciano and RETRUN to Florence (Exact time and Location in Florence TBD once we have everyone's arrival Times) IS INCLUDED IN THE PRICE OF THE RETREAT!**

You are also welcome to self-drive to Porciano. We suggest starting or ending your trip in Florence. We can help with hotel RECOMMENDATIONS and experiences.

We also provide transportation to the local train station which can take you to the city of Arezzo, which will give you full access to the rest of Tuscany.



# Activities and experiences

- Yoga and pilates sessions before breakfast
- Visit to a local winery for a tasting and aperitivo (Italian happy hour and appetizers)
- Visit to a local Tuscan sheep farm for a tour and demonstration of the cheese making, with a traditional Tuscan meal featuring homemade pecorino cheese
- Day trip to the medieval town of Anghiari with a lovely lunch and a visit to the renowned Busatti linen factory and shop.
- Sunset hike with picnic happy hour, and a day hike through the stunning Casentino National Forest.
- Two four-course dinners, all locally sourced and seasonal, each paired with local wines.
- Experts on purchasing Tuscan properties available.

The final itinerary will be adapted to the weather and any unique opportunities that arise (schedule to be shared soon) but will include the following:



Additional experiences, including private yoga and pilates classes, in-room massages, Spa visits, day trips, optional excursions and more can be arranged upon request. There is a van available to drive you anywhere within a 10 mile radius.

Please contact us for details.

# *The* COST

from 2,500Euro to 4,500Euro for the week

based on lodging choices (single versus double occupancy;  
shared/private bathrooms)

Please contact Molly and Nicoletta for inquiries regarding accommodations and to reserve your spot. Spaces are limited.

[booking@castellodiporciano.com](mailto:booking@castellodiporciano.com)

## PRICE INCLUDES:

- 7 nights in Porciano, Single, Double, or Castle Occupancy
- Car transfer from Florence to Porciano and back to Florence
- Full breakfast daily
- Welcome apericena (Italian Buffet dinner) on the roof/castle
- 2 full four course dinners with wine pairing
- Cheese Farm visit and lunch
- Wine tasting and aperitivo at a local winery in the valley
- Day trip and Lunch in Anghiari with visit to The Busatti linen factory
- Sunset hike with aperitivo (Italian happy Hour)
- Guided Hike in Casentino National Forest
- Walking tour of Stia (the town below us)
- Free concierge to help with other reservations and excursions





## Booking and Cancellation Policy:

### OUR INTENTION

It's our intention to make things as simple as possible for everyone who wants to join us at our retreat, while balancing the administrative and business realities of those who are running the retreat

### DEPOSIT

100% deposit refund for cancellation 60+ days before retreat start date.

50% deposit refund for cancellation 30-59 days before retreat start date.

0% deposit refund for cancellation 0-29 days before retreat start date.

Let the magic of Porciano and this hidden Tuscan valley enhance your well-being and take your yoga and Pilates practice to new heights. We look forward to sharing this unforgettable experience with you.



[www.castellodiporciano.com](http://www.castellodiporciano.com)