

LUMINÆ RETREATS

RELEASE & IGNITE: FROM WINTER STILLNESS TO INNER FIRE
DECEMBER 11 - 13, 2026

A THREE-DAY IMMERSIVE WINTER RETREAT AT

le
marne®
relais

PIEDMONT, ITALY

RELEASE & IGNITE: DECEMBER 11 - 13, 2026

WELLNESS, ART AND TERROIR — CURATED INTO A WINTER RETREAT.

IMAGINE STEPPING AWAY FROM THE ACCELERATION OF THE YEAR INTO A PLACE WHERE WINTER QUIETS THE OUTSIDE WORLD, THE BODY WARMS, AND CLARITY RETURNS.

OVER THREE DAYS AT LE MARNE RELAIS, LUMINÆ RETREATS INVITES YOU TO RELEASE & IGNITE — A CULTURAL WELLBEING EXPERIENCE WHERE MEDITATION, MOVEMENT, ART, NATURE, FOOD, WINE AND LOCAL RITUALS BECOME ONE REFINED JOURNEY OF RENEWAL.

SET AMONG THE VINEYARDS OF PIEDMONT, THE RETREAT BRINGS TOGETHER YOGA, MEDITATIONS, WARM SOUND BATH, AND CONSCIOUS NUTRITION WITH CONVERSATIONS AROUND ART, AND A MURA MURA WINE TASTING.

IN WINTER, NATURE LETS GO. THE VINEYARDS REST, THE LANDSCAPE BECOMES BARE, AND WHAT IS ESSENTIAL REMAINS. THIS IS THE HEART OF THE EXPERIENCE: RELEASING WHAT FEELS HEAVY, RESTORING WARMTH AND ENERGY IN THE BODY, AND REKINDLING A CLEARER INNER DIRECTION.

DESIGNED AS A PRE-FESTIVE DETOX FOR A MAXIMUM OF 10 GUESTS, RELEASE & IGNITE IS AN INTIMATE WINTER RETREAT WHERE QUIET LUXURY MEETS INNER FIRE — TO RETURN HOME LIGHTER, STRONGER, WARMER AND MORE ALIGNED WITH ONE'S DIRECTION.

EXPERIENCE & OFFERINGS

THE RETREAT IS LIMITED TO 10 PARTICIPANTS TO PRESERVE PRIVACY & DEPTH. EACH DAY BUILDS NATURALLY ON THE ONE BEFORE IT: RELEASE -> IGNITE -> EMBODY.

THE EXPERIENCE INCLUDES:

- 2 NIGHTS OF ACCOMMODATION AT LE MARNE RELAIS, PART OF SMALL LUXURY HOTELS.
- FULL-BOARD WINTER NOURISHMENT: DAILY BREAKFAST, BALANCED LUNCHES, CHEF-CURATED DINNERS AND FINAL COMMUNITY LUNCH AT RADICI RESTAURANT.
- DAILY WORLD-CLASS YOGA AND MEDITATION SESSIONS WITH CERTIFIED TEACHERS.
- YOGA: SEQUENCES DESIGNED FOR FOCUS, STRENGTH, AND RESILIENCE.
- GUIDED SAUNA MEDITATIONS: SHORT HEAT-BASED PRACTICES FOR RELEASE, PRESENCE AND BREATH AWARENESS.
- WARM SOUND BATH, DEEP GONG MEDITATION AND EVENING PRACTICES FOR DEEP REST.
- WINTER HYDRATION RITUALS WITH HERBAL INFUSIONS AND RECOVERY MOMENTS.
- ACCESS TO WELLNESS FACILITIES: SPA AREA, SAUNA, TECHNOGYM GYM, POOL AND RELAXATION SPACES.
- FIRESIDE ART CHAT WITH AN ARTIST: AN INTIMATE CONVERSATION ON TRANSFORMATION, CREATIVITY AND DIRECTION.
- PRIVATE WINERY VISIT AND TASTING AT THE MURA MURA ESTATE.
- MIND AND BODY MOMENTS IN NATURE, INCLUDING VINEYARD WALKS AND CLOSING MEDITATION.

MEALS ARE DESIGNED WITH BIOLOGIST NUTRITIONIST MARTINA GIRAUDO, CHEF MYKYTA BIDA AND THE RADICI TEAM.

THE RETREAT IS GUIDED BY LUMINAE FOUNDERS CAROLA COMETTO AND ROBERTO PATELLA.

DATES

DECEMBER 11–13 2026

ARRIVAL: DECEMBER 11 BY 11:30

DEPARTURE: DECEMBER 13 FROM 14:00 ONWARD



JOURNEY

DAY 1 — RELEASE

DECEMBER 11

FROM CITY PACE TO WINTER STILLNESS

YOU ARRIVE, SETTLE INTO THE PEACEFUL RHYTHM OF LE MARNE, AND BEGIN TO SLOW DOWN.

- ARRIVAL AND WARM HERBAL WELCOME: BETWEEN 11:00 AND 12:00
- LIGHT WINTER LUNCH AT RADICI
- OPENING SESSION + RELEASE MEDITATION
- GROUNDING HATHA YOGA + BREATH AWARENESS
- SPA ACCESS + GUIDED SAUNA MEDITATION
- LIGHT DINNER CURATED BY RADICI RESTAURANT
- DEEP REST MEDITATION & WARM SOUND BATH

BY EVENING, THE BODY SOFTENS AND RELEASE BEGINS.DEEP, RE-GENERATING REST.

DAY 2 — IGNITE

DECEMBER 12

ENERGY, HEAT AND ALIGNED AMBITION

THE SECOND DAY GENTLY ACTIVATES YOUR ENERGY WHILE KEEPING THE NERVOUS SYSTEM CALM AND BALANCED.

- VINYASA KRAMA YOGA PRACTICE
- MINDFUL BREAKFAST + WINTER NUTRITION GUIDANCE
- INNER FIRE MEDITATION FOR DIRECTION AND AMBITION
- SEASONAL LUNCH CURATED BY NUTRIONIST MARTINA GIRAUDO AT RADICI
- MURA MURA WINE TASTING + ART CHAT + COMMUNITY DINNER
- SOUND BATH

INNER HEAT GIVES RISE TO CLARITY: DISCIPLINED ENERGY IN SERVICE OF DIRECTION.

DAY 3 — EMBODY

DECEMBER 13

SENSORY INTEGRATION, WARMTH AND RETURN

THE FINAL DAY HELPS YOU INTEGRATE WHAT YOU EXPERIENCED AND CARRY IT INTO EVERYDAY LIFE.

- MORNING INTEGRATION YOGA, SOUND BATH AND MOVEMENT
- HERBAL TEA RECOVERY RITUAL + BREAKFAST
- 5 SENSES - DISCOVERY EXPERIENCE WITH TRUFFLE HUNTING (OPTIONAL)
- FINAL LUNCH WITH OPTIONAL TRUFFLE TASTING
- DEPARTURE: FROM 14:00 ONWARD

GUESTS RETURN WITH CLEARER DIRECTION, STRONGER BODY AWARENESS AND MORE WARMTH FOR THE HOLIDAYS.



WHEN THE OUTER WORLD GROWS QUIET,
THE INNER FIRE BECOMES VISIBLE

THE SETTING: LE MARNE RELAIS — PIEDMONT, ITALY

A PLACE WHERE WINTER TURNS SILENCE INTO DEPTH & RENEWAL.

NESTLED AMONG THE VINEYARDS OF PIEDMONT, LE MARNE RELAIS IS WHERE NATURE, CULTURE AND QUIET BEAUTY MEET.

IN WINTER, THE LANDSCAPE WITHDRAWS AND THE ARCHITECTURE BECOMES WARMER, MORE INTIMATE AND PROTECTIVE.

PART OF THE MURA MURA ESTATE, LE MARNE SITS BETWEEN LANGHE AND MONFERRATO, IN A UNESCO WORLD HERITAGE LANDSCAPE.

HERE, ARCHITECTURE, ART, POETRY, GASTRONOMY AND WINEMAKING NATURALLY COEXIST. EACH SPACE INVITES A SLOWER RHYTHM, WHERE VINEYARDS, INTERIORS AND WINTER RITUALS GUIDE YOU BACK TO YOURSELF.

FOR RELEASE & IGNITE, LE MARNE BECOMES A WINTER SANCTUARY FOR HEAT, STILLNESS, CONVERSATION AND ESSENTIAL RENEWAL.



ACCOMODATIONS

RELEASE & IGNITE: FROM WINTER STILLNESS TO INNER FIRE
LE MARNE, PIEDMONT, ITALY



DELUXE

ROOM 21 MQ
BATHROOM 9 MQ



AMENITIES

THE **DELUXE ROOMS** OFFER AN ELEGANT AND PEACEFUL RETREAT OVERLOOKING THE SURROUNDING VINEYARDS AND HILLS. DESIGNED WITH NATURAL MATERIALS, SOFT TONES, AND LARGE WINDOWS THAT OPEN TO THE LANDSCAPE, THESE ROOMS INVITE A SENSE OF QUIET AND SIMPLICITY. AN INTIMATE SPACE, PERFECT FOR REST, REFLECTION, AND DEEP RELAXATION DURING THE RETREAT.

SINGLE OCCUPANCY

RATE - € 1.550

DOUBLE OCCUPANCY

RATE - € 1.350 PER PERSON

THE RETREAT EXPERIENCE INCLUDES ACCOMMODATION, ALL RETREAT SESSIONS, CURATED MEALS AND WINERY EXPERIENCE. **VAT** IS INCLUDED IN ALL PRICES LISTED.

TERMS & CONDITIONS

BOOKING & CANCELLATION POLICY

PAYMENT TERMS

UPON CONFIRMATION OF THE RESERVATION, GUESTS ARE NOT REQUIRED TO MAKE ANY PAYMENT TO **Le MARNE**. HOWEVER, A VALID CREDIT CARD MUST BE PROVIDED TO GUARANTEE THE BOOKING.

THIRTY DAYS PRIOR TO THE RETREAT (11 NOVEMBER 2026), A NON-REFUNDABLE DEPOSIT OF **€500** WILL BE CHARGED TO THE CARD PROVIDED.

THE REMAINING BALANCE OF THE RETREAT PACKAGE WILL BE CHARGED 15 DAYS PRIOR TO THE EVENT, ON 27 NOVEMBER 2026, NON REFUNDABLE.

CANCELLATION POLICY

• CANCELLATIONS MADE UP TO 30 DAYS BEFORE THE RETREAT ARE POSSIBLE WITHOUT ADDITIONAL PENALTIES.

TO RESERVE YOUR PLACE OR RECEIVE FURTHER INFORMATION, PLEASE CONTACT:

LE MARNE: INFO@LEMARNERELAIS.IT

PHONE: +39 0141 185 2115

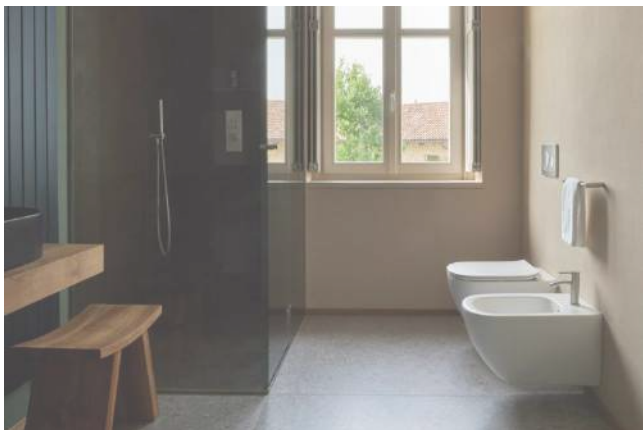
OR

LUMINAE RETREATS: HELLO@LUMINAE RETREATS.COM



JUNIOR SUITE

ROOM 35 MQ
BATHROOM 7 MQ



AMENITIES

THE JUNIOR SUITES OFFER MORE GENEROUS SPACE AND A DEEPER CONNECTION WITH THE SURROUNDING NATURE. INSIDE EACH SUITE, THE ATMOSPHERE IS WARM AND CONTEMPORARY, DESIGNED FOR COMFORT AND CALM, WITH SPACIOUS INTERIORS THAT ALLOW YOU TO FULLY UNWIND BETWEEN THE RETREAT EXPERIENCES.

SINGLE OCCUPANCY

RATE - € 1.780

DOUBLE OCCUPANCY

RATE - € 1.480 PER PERSON

THE RETREAT EXPERIENCE INCLUDES ACCOMMODATION, ALL RETREAT SESSIONS, CURATED MEALS AND WINERY EXPERIENCE. VAT IS INCLUDED IN ALL PRICES LISTED.

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OR

LUMINAE RETREATS: HELLO@LUMINAERETREATS.COM



SUITE

ROOM 50 MQ
BATHROOM 6 MQ
TERRACE 15 MQ



AMENITIES

WITH EXPANSIVE INTERIORS AND BEAUTIFUL VIEWS, THE SUITE OFFERS A REFINED ATMOSPHERE WHERE CONTEMPORARY ARCHITECTURE MEETS THE NATURAL BEAUTY OF THE SURROUNDING LANDSCAPE. PERFECT FOR GUESTS SEEKING ADDITIONAL PRIVACY AND COMFORT, THE SUITE ALLOWS THE RETREAT EXPERIENCE TO CONTINUE SEAMLESSLY WITHIN THE INTIMACY OF THE ROOM.

SINGLE OCCUPANCY

RATE - € 2.030

DOUBLE OCCUPANCY

RATE - € 1.630 PER PERSON

THE RETREAT EXPERIENCE INCLUDES ACCOMMODATION, ALL RETREAT SESSIONS, CURATED MEALS AND WINERY EXPERIENCE. VAT IS INCLUDED IN ALL PRICES LISTED.

TERMS & CONDITIONS

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LE MARNE: [INFO@LEMARNERELAIS.IT](mailto:info@lemarnerelais.it)

PHONE: +39 0141 185 2115

OR

LUMINAE RETREATS: [HELLO@LUMINAERETREATS.COM](mailto:hello@luminaeretreats.com)

A person is shown in a yoga pose, specifically a variation of the Tree Pose (Vrikshasana), with one leg raised and the foot resting on the inner thigh of the standing leg. The person's hand is in a mudra (gesture) near their head. The background is a soft, out-of-focus sunset or sunrise scene with warm orange and yellow light filtering through trees. The overall mood is peaceful and contemplative.

RETURN STRONGER IN THE BODY,
CLEARER IN DIRECTION,
WARMER IN THE HEART.

ABOUT LUMINÆ RETREATS

LUMINÆ RETREATS CURATES INTIMATE EXPERIENCES OF MOVEMENT, MEDITATION, NATURE AND CULTURE, CREATED WITH EXCEPTIONAL PLACES WHERE THE ENVIRONMENT BECOMES PART OF THE JOURNEY.

ROBERTO PATELLA

ROBERTO PATELLA IS A YOGA TEACHER, MOVEMENT PRACTITIONER, ARTIST, AND FOUNDER OF **SAHA** STUDIO IN MILAN. CONCEIVED AS A PLACE WHERE MOVEMENT, STILLNESS, BREATH, AND DIALOGUE MEET, **SAHA** IS A HOME FOR EMBODIED INQUIRY—BRINGING TOGETHER DIVERSE DISCIPLINES, TEACHERS, AND PRACTICES THAT INVITE A DEEPER RELATIONSHIP WITH OURSELVES AND THE WORLD AROUND US.

FOR RELEASE & IGNITE, HE GUIDES PARTICIPANTS THROUGH VINYASA KRAMA YOGA, GROUNDING HATHA, BREATHWORK, AND INTEGRATION MOVEMENT.

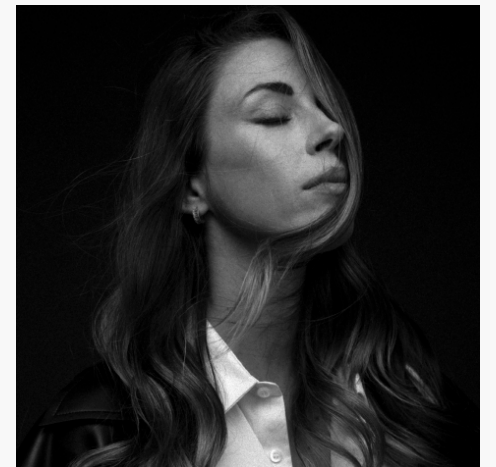


CAROLA COMETTO

CAROLA COMETTO IS A MEDITATION TEACHER AND CURATOR INTEGRATING ANCIENT TRADITIONS, NEUROSCIENCE AND MODERN WELLBEING.

FOR RELEASE & IGNITE, SHE GUIDES SAUNA MEDITATIONS, CANDLE PRACTICES, INNER FIRE MEDITATION AND INTEGRATION WORK.

DISCOVER MORE: [MINDMASTERY.PRO](https://mindmastery.pro)



THE NUTRITIONAL DIMENSION IS DEVELOPED WITH MARTINA GIRAUDO; THE CREATIVE DIMENSION INCLUDES AN ART TALK HONORING LE MARNE'S ARTISTIC IDENTITY.

FOR MORE INFORMATION, PLEASE CONTACT [HELLO@LUMINÆRETREATS.COM](mailto:hello@luminaeretreats.com)

COLLABORATING PRACTITIONER

THE NUTRITIONAL DIMENSION OF RESET & BLOOM HAS BEEN THOUGHTFULLY DEVELOPED IN COLLABORATION WITH MARTINA GIRAUDO, WHOSE BACKGROUND IN PHARMACY AND BIOLOGY INFORMS AN APPROACH TO BALANCED, CONSCIOUS NUTRITION DESIGNED TO SUPPORT THE BODY'S NATURAL RESET AND RENEWAL THROUGHOUT THE JOURNEY.

MARTINA GIRAUDO

MARTINA IS A NUTRITION AND WELLNESS PROFESSIONAL WITH A BACKGROUND IN PHARMACY AND BIOLOGY.

HER WORK COMBINES SCIENTIFIC RIGOR WITH A CONTEMPORARY APPROACH TO HEALTH, WHERE NUTRITION BECOMES A KEY TOOL TO SUPPORT BALANCE, PREVENTION, AND OVERALL QUALITY OF LIFE.

THROUGH HER WORK, SHE SUPPORTS INDIVIDUALS IN DEVELOPING A MORE CONSCIOUS AND SUSTAINABLE RELATIONSHIP WITH FOOD, FOSTERING A LIFESTYLE ORIENTED TOWARD LONG-TERM WELL-BEING.



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