

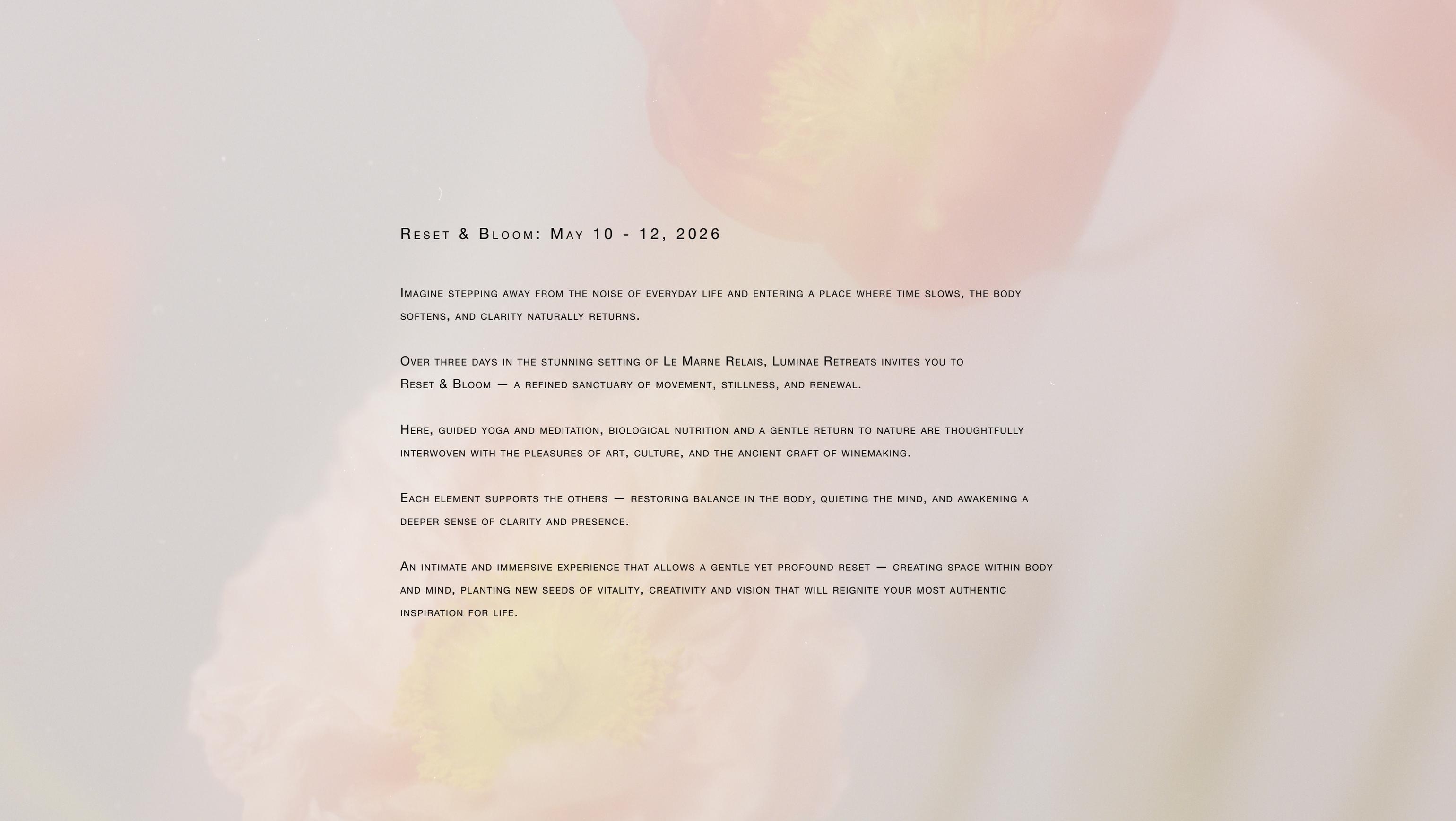
# LUMINÆ RETREATS

RESET & BLOOM: FROM ROOTS TO RADIANCE  
MAY 10 - 12, 2026

A THREE-DAY IMMERSIVE RETREAT AT

le  
marne®  
relais

PIEDMONT, ITALY



RESET & BLOOM: MAY 10 - 12, 2026

IMAGINE STEPPING AWAY FROM THE NOISE OF EVERYDAY LIFE AND ENTERING A PLACE WHERE TIME SLOWS, THE BODY SOFTENS, AND CLARITY NATURALLY RETURNS.

OVER THREE DAYS IN THE STUNNING SETTING OF LE MARNE RELAIS, LUMINAE RETREATS INVITES YOU TO RESET & BLOOM — A REFINED SANCTUARY OF MOVEMENT, STILLNESS, AND RENEWAL.

HERE, GUIDED YOGA AND MEDITATION, BIOLOGICAL NUTRITION AND A GENTLE RETURN TO NATURE ARE THOUGHTFULLY INTERWOVEN WITH THE PLEASURES OF ART, CULTURE, AND THE ANCIENT CRAFT OF WINEMAKING.

EACH ELEMENT SUPPORTS THE OTHERS — RESTORING BALANCE IN THE BODY, QUIETING THE MIND, AND AWAKENING A DEEPER SENSE OF CLARITY AND PRESENCE.

AN INTIMATE AND IMMERSIVE EXPERIENCE THAT ALLOWS A GENTLE YET PROFOUND RESET — CREATING SPACE WITHIN BODY AND MIND, PLANTING NEW SEEDS OF VITALITY, CREATIVITY AND VISION THAT WILL REIGNITE YOUR MOST AUTHENTIC INSPIRATION FOR LIFE.

## EXPERIENCE & OFFERINGS

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

THE EXPERIENCE INCLUDES:

- 2 NIGHTS OF ACCOMMODATION AT LE MARNE RELAIS, PART OF SMALL LUXURY HOTELS.
- FULL BOARD NOURISHMENT EXPERIENCE, INCLUDING DAILY BREAKFAST, TWO BALANCED MEALS DESIGNED IN COLLABORATION WITH A NUTRITIONIST, TWO CHEF-CURATED DINNERS AND A FINAL COMMUNITY LUNCH AT THE MICHELIN GUIDE MENTIONED RADICI RESTAURANT.
- DAILY WORLD-CLASS GUIDED YOGA AND MEDITATION SESSIONS WITH CERTIFIED TEACHERS
- ACCESS TO THE WELLNESS FACILITIES, INCLUDING SPA AREA, TECHNOGYM-EQUIPPED GYM, POOL AND RELAXATION SPACES
- A PRIVATE WINERY VISIT AND TASTING AT THE MURA MURA ESTATE
- CREATIVE ENCOUNTERS AND ARTIST-LED EXPERIENCES, INSPIRED BY THE ARTISTS WHOSE WORKS SHAPE THE IDENTITY OF THE RELAIS
- MIND & BODY MOMENTS IN NATURE, INCLUDING A CLOSING MEDITATION SESSION

EACH MEAL IS CRAFTED WITH HIGH-QUALITY LOCAL INGREDIENTS TO SUPPORT ENERGY, BALANCE, AND WELLBEING THROUGHOUT THE THREE DAYS.

CURATED MEALS ARE THOUGHTFULLY DESIGNED BY BIOLOGIST NUTRITIONIST MARTINA GIRAUDO TOGETHER WITH CHEF MYKYTA BIDA AND THE RADICI RESTAURANT TEAM.

THE RETREAT IS PERSONALLY GUIDED BY LUMINAE FOUNDERS CAROLA COMETTO AND ROBERTO PATELLA, WHO LEAD THE MEDITATION AND YOGA PRACTICES THROUGHOUT THE JOURNEY.

DATES

MAY 10–12, 2026

ARRIVAL: MAY 10 BY 11:30

DEPARTURE: MAY 12 FROM 14:00 ONWARD



# JOURNEY

## DAY 1 — ROOT

MAY 10

FROM CITY PACE TO INNER PEACE

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

- ARRIVAL AND WELCOME MOMENT: BETWEEN 11:00 AND 12:00
- NUTRITIONIST GUIDED LIGHT LUNCH AT RADICI
- OPENING SESSION AND GUIDED MEDITATION
- RESTORATIVE YOGA PRACTICE
- FREE TIME AND SPA ACCESS
- LIGHT DINNER CURATED BY RADICI RESTAURANT
- EVENING DEEP RELAXATION AND SOUND BATH

DETOX STARTS, AND BY THE EVENING YOU'LL FEEL READY FOR A DEEP, REGENERATING REST.

## DAY 2 — RISE

MAY 11

ENERGY, INSPIRATION AND MENTAL RECALIBRATION

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

- MORNING ENERGIZING YOGA SESSION
- NUTRITIONAL GUIDANCE DURING BREAKFAST
- GUIDED "REBIRTH" MEDITATION
- ENERGIZING LUNCH CURATED BY A NUTRITIONIST
- FREE TIME: SPA, VINEYARD WALKS, RUNNING ROUTES OR BIKE TRAILS
- CREATIVITY INSPIRED EVENING WITH ARTIST AND COMMUNITY DINNER
- OPTIONAL STARLIGHT WALK

FROM A NERVOUS SYSTEM RESET TO REDESCOVERING YOUR CLEAR, STABLE INNER RHYTHM.

## DAY 3 — RADIANCE

MAY 12

INTEGRATION AND CLARITY

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

- MORNING CLARITY SESSION WITH GENTLE YOGA AND MOVEMENT
- MINDFUL BREAKFAST
- MEDITATION IN NATURE AND CLOSING REFLECTION
- PRIVATE VISIT TO MURA MURA WINERY
- CONVIVIAL LUNCH WITH A CURATED TASTING OF MURA MURA WINES
- DEPARTURE: MAY 12 — FROM 14:00 ONWARD

YOU'LL RETURN HOME WITH A RENEWED SENSE OF SELF, CLEAR INTENTIONS AND INSPIRED.



WHEN THE MIND SOFTENS AND VISION EXPANDS,  
AUTHENTIC CREATIVITY AWAKENS —  
REVEALING YOUR TRUEST SELF.

THE SETTING: LE MARNE RELAIS — PIEDMONT, ITALY

A PLACE WHERE TIME SLOWS — AND SOMETHING WITHIN YOU BEGINS TO BLOOM AGAIN.

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

PART OF THE MURA MURA ESTATE, A 30-HECTARE LANDSCAPE OF VINEYARDS AND ORCHARDS IN THE HILLS OF COSTIGLIOLE D'ASTI, THE RELAIS SITS BETWEEN LANGHE AND MONFERRATO, IN A TERRITORY RECOGNIZED AS A UNESCO WORLD HERITAGE SITE.

HERE, ARCHITECTURE, ART, POETRY, GASTRONOMY, AND WINEMAKING NATURALLY COEXIST. EACH ROOM HAS BEEN INSPIRED FROM THE WORLDS OF POETS AND DECORATED BY THE CREATIVITY OF ARTISTS. EACH SPACE HAS BEEN DESIGNED TO INVITE A SLOWER RHYTHM — WHERE THE SILENCE OF THE VINEYARDS, THE CHANGING LIGHT OF THE HILLS, AND THE SIMPLE BEAUTY OF THE LANDSCAPE GENTLY GUIDE YOU BACK TO YOURSELF.

A PLACE OF SILENCE, LE MARNE OFFERS A RARE ATMOSPHERE WHERE THE SOUND OF NATURE BECOMES PART OF THE EXPERIENCE — A PLACE TO PAUSE, BREATHE, AND REDISCOVER THE WISDOM OF TIME AND THE VALUE OF SMALL THINGS.



ACCOMODATIONS

RESET & BLOOM: FROM ROOTS TO RADIANCE

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

FULL RATE - €1.944

EARLY BIRD - €1.750

### DOUBLE OCCUPANCY

FULL RATE - €1.556 PER PERSON

EARLY BIRD - €1.400 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

TWO BOOKING OPTIONS ARE AVAILABLE FOR THE RETREAT: EARLY BIRD AND FULL PRICE.

### EARLY BIRD BOOKING

(AVAILABLE FOR RESERVATIONS CONFIRMED BEFORE APRIL 9, 2026)

THE EARLY BIRD RATE OFFERS A 10% DISCOUNT ON THE RETREAT PRICE AND ALLOWS GUESTS TO SECURE THEIR PLACE IN ADVANCE.

THIS OPTION IS RECOMMENDED AS THE RETREAT IS INTENTIONALLY INTIMATE AND LIMITED TO 10 PARTICIPANTS.

### PAYMENT TERMS

- A €500 DEPOSIT IS CHARGED AT THE TIME OF CONFIRMATION TO SECURE THE RESERVATION
- THE REMAINING BALANCE OF THE RETREAT WILL BE AUTOMATICALLY CHARGED 30 DAYS BEFORE THE EVENT

### CANCELLATION POLICY

- CANCELLATIONS MADE UP TO 30 DAYS BEFORE THE RETREAT ARE POSSIBLE WITHOUT ADDITIONAL PENALTIES; HOWEVER, THE €500 DEPOSIT IS NON-REFUNDABLE

### FULL PRICE BOOKING

(FOR RESERVATIONS MADE WITHIN 30 DAYS OF THE RETREAT)

### PAYMENT TERMS

- THE FULL RETREAT PRICE IS CHARGED AT THE TIME OF BOOKING

### CANCELLATION POLICY

- FULL PRICE BOOKINGS ARE NON-REFUNDABLE, AS THE FREE CANCELLATION PERIOD HAS ALREADY EXPIRED

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

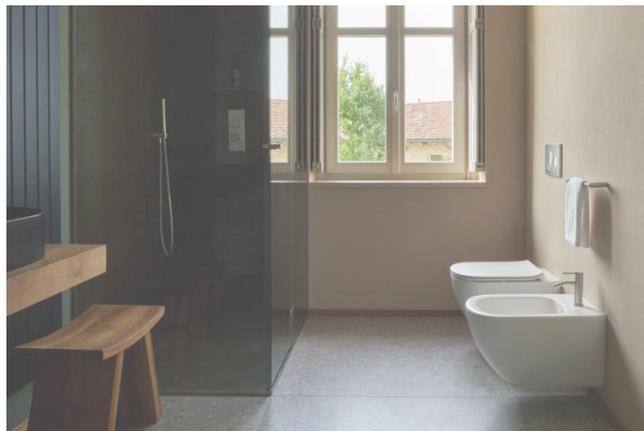
EMAIL: [INFO@LEMARNERELAIS.IT](mailto:INFO@LEMARNERELAIS.IT)

PHONE: +39 0141 185 2115



# 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

FULL RATE - €2.444

EARLY BIRD - €2.200

### DOUBLE OCCUPANCY

FULL RATE - €1.944 PER PERSON

EARLY BIRD - €1.750 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

TWO BOOKING OPTIONS ARE AVAILABLE FOR THE RETREAT: EARLY BIRD AND FULL PRICE.

### EARLY BIRD BOOKING

(AVAILABLE FOR RESERVATIONS CONFIRMED BEFORE APRIL 9, 2026)

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- THE REMAINING BALANCE OF THE RETREAT WILL BE AUTOMATICALLY CHARGED 30 DAYS BEFORE THE EVENT

### CANCELLATION POLICY

- CANCELLATIONS MADE UP TO 30 DAYS BEFORE THE RETREAT ARE POSSIBLE WITHOUT ADDITIONAL PENALTIES; HOWEVER, THE €500 DEPOSIT IS NON-REFUNDABLE

### FULL PRICE BOOKING

(FOR RESERVATIONS MADE WITHIN 30 DAYS OF THE RETREAT)

### PAYMENT TERMS

- THE FULL RETREAT PRICE IS CHARGED AT THE TIME OF BOOKING

### CANCELLATION POLICY

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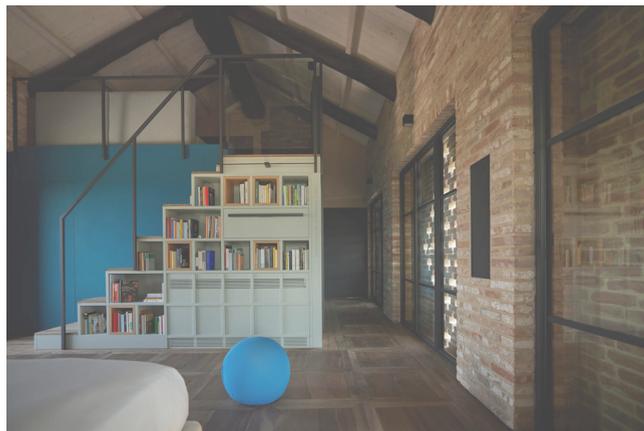
EMAIL: [INFO@LEMARNERELAIS.IT](mailto:INFO@LEMARNERELAIS.IT)

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# SUITE DELUXE

ROOM 50 MQ  
BATHROOM 13 MQ  
TERRACE 16 MQ



## AMENITIES

WITH EXPANSIVE INTERIORS AND BEAUTIFUL VIEWS OVER THE VINEYARDS WITH TERRACES OR GARDEN, THE **SUITE DELUXE** 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

FULL RATE - €3.667

EARLY BIRD - €3.300

### DOUBLE OCCUPANCY

FULL RATE - €2.778 PER PERSON

EARLY BIRD - €2.500 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

TWO BOOKING OPTIONS ARE AVAILABLE FOR THE RETREAT: **EARLY BIRD** AND **FULL PRICE**.

### EARLY BIRD BOOKING

(AVAILABLE FOR RESERVATIONS CONFIRMED BEFORE **APRIL 9, 2026**)

THE **EARLY BIRD** RATE OFFERS A 10% DISCOUNT ON THE RETREAT PRICE AND ALLOWS GUESTS TO SECURE THEIR PLACE IN ADVANCE.

THIS OPTION IS RECOMMENDED AS THE RETREAT IS INTENTIONALLY INTIMATE AND LIMITED TO 10 PARTICIPANTS.

### PAYMENT TERMS

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### FULL PRICE BOOKING

(FOR RESERVATIONS MADE WITHIN 30 DAYS OF THE RETREAT)

### PAYMENT TERMS

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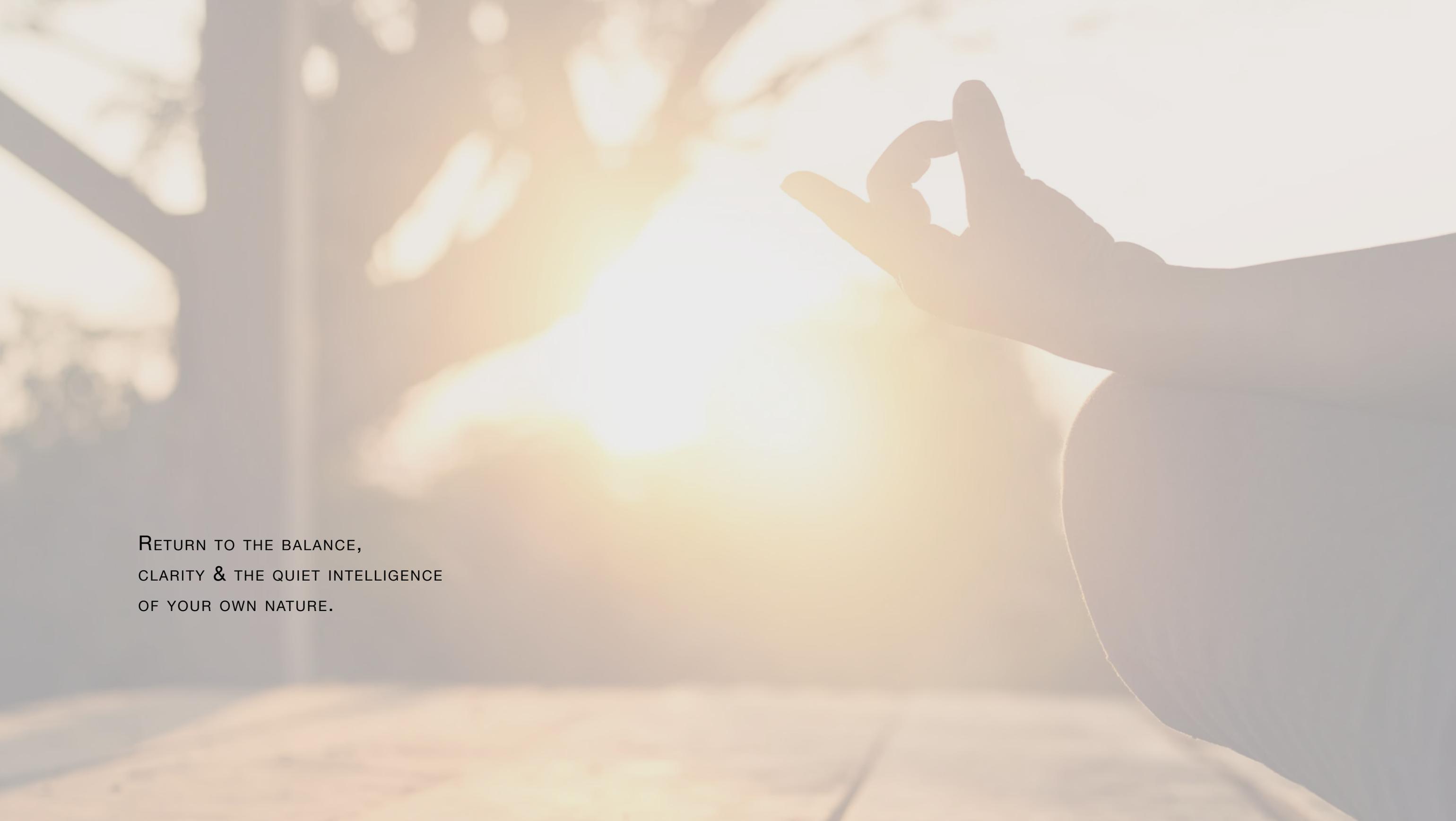
### CANCELLATION POLICY

- FULL PRICE BOOKINGS ARE NON-REFUNDABLE, AS THE FREE CANCELLATION PERIOD HAS ALREADY EXPIRED **BOOKING REQUESTS**

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

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A person is shown in a meditative pose, with their hands held in a mudra (a specific hand gesture used in yoga and meditation). The person is silhouetted against a bright, warm sunset or sunrise, with the sun low on the horizon. The background is a soft, golden glow with some blurred foliage on the left. The overall mood is peaceful and contemplative.

RETURN TO THE BALANCE,  
CLARITY & THE QUIET INTELLIGENCE  
OF YOUR OWN NATURE.

## ABOUT LUMINÆ RETREATS

LUMINÆ RETREATS CURATES INTIMATE EXPERIENCES THAT INVITE PEOPLE TO SLOW DOWN, RECONNECT, AND RESTORE BALANCE THROUGH MOVEMENT, MEDITATION, NATURE, AND CULTURE. EACH RETREAT IS THOUGHTFULLY CREATED IN COLLABORATION WITH EXCEPTIONAL PLACES, WHERE EVERY ELEMENT OF THE ENVIRONMENT BECOMES PART OF A MEANINGFUL JOURNEY OF RENEWAL.

### ROBERTO PATELLA

ROBERTO PATELLA IS A YOGA TEACHER, MOVEMENT PRACTITIONER, AND ARTIST WHO EXPLORES THE CONNECTION BETWEEN BODY, BREATH, AND CREATIVITY.

THROUGH YOGA, MINDFUL MOVEMENT, AND BREATHWORK, HE GUIDES PARTICIPANTS INTO PRACTICES THAT RESTORE BALANCE, AWAKEN INNER ENERGY, AND RECONNECT THEM WITH THE NATURAL INTELLIGENCE OF THE BODY.



DISCOVER MORE: [FLOWWITHROBERTO.COM](https://flowwithroberto.com)

### CAROLA COMETTO

CAROLA COMETTO IS A MEDITATION TEACHER AND CURATOR WHOSE WORK INTEGRATES ANCIENT TRADITIONS WITH INSIGHTS FROM NEUROSCIENCE AND MODERN WELLBEING.

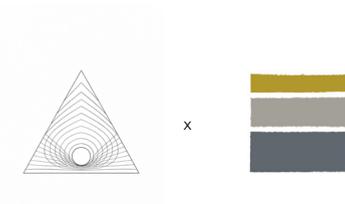
THROUGH GUIDED MEDITATION AND MIND TRAINING, SHE CREATES SPACES WHERE THE NERVOUS SYSTEM CAN RESET AND CLARITY, CREATIVITY, AND INNER DIRECTION CAN NATURALLY EMERGE.



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

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.

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