



PRIVATE & EXCLUSIVE HEALTHY RETREAT
ON LAKE MAGGIORE

YOUR NEW HEALTHY EXPERIENCE

Imagine being able to relax in a wonderful 1900s villa on Lake Maggiore, practicing gentle yoga, having massages, tasting local wines, savoring the flavors and aromas of this enchanting place.



A
lake
full of
dreams



My Lake Maggiore
LUXURY EXPERIENCES

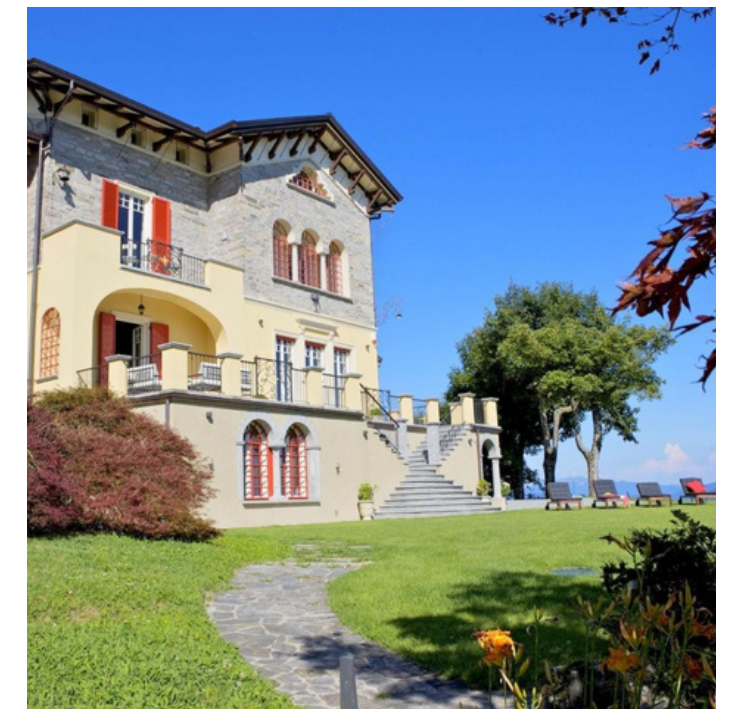


Accommodation

VILLA CONFALONIERI, LAKE MAGGIORE

Villa Confalonieri was built in the 1930's and totally renovated in 2016. The renovations were carried out in a genuine way to keep the original style and spirit of the villa.

Nestled amidst nature, our exquisite villa stands as a testament to luxury, having undergone recent and thoughtful renovations. Surrounded by an authentic Italian garden, the residence offers a week-long retreat, allowing you to explore and bask in the breathtaking surroundings. Revel in the beauty of the meticulously crafted Italian garden, indulge in leisurely swims in the private pool, and partake in a myriad of other delights.



THURSDAY

Day one



WELCOME

to Italy where old world charm, history, culture and amazing cuisine meet and settle into your accommodation for the weekend

TIME TO MEET & CONNECT

with like-minded women to share a weekend full of adventures

RELAX

in your beautiful surrounds for a weekend of pampering self-care, experiences, history, culture and food

PLUNGE

into the Italian culture and nature

7:00 PM

Welcome dinner with seafood, chicken and vegetables, colorful and tasty Paella with show-cooking

9:00 - 9:45 PM

Yoga Nidra, a relaxing practice to arrive and ground



FRIDAY

Day two



7:45 - 8:45 AM

Yoga Flow, a dynamic practice to awaken your body and mind

8:45 - 9:10 AM

Served Farm-To-Table breakfast

10:30 AM

Boat tour on the lake Maggiore on a private wooden boat with captain. Starting from the villa's closest pier, cruising and resting on the lake waters and visiting the Borromean islands. Having a tasty lunch at a lovely trattoria, where local people are delighting the daily fresh fishing experience. Return to the villa at 3pm

3:00 PM

Wine safari at local winery visit to the top of the vineyard to the ruins of the chapel of San Quirico from the XV century. Explanation of how they grow their grapes, tasting of the wines paired with the good local produce and having fun with a fun wine game

7:30 PM

Private chef served dinner followed by an home jazz concert entertaining our guests with International music hits



SATURDAY

Day three



7:45 - 8:45 AM

Center yourself, a dynamic yoga practice to connect to your inner power and strenght

8:45 - 9:15 AM

Served Farm-To-Table breakfast

10:00 - 12:00 AM

Pilates and massage session (neck, face, head or abdominal massage avaiable during the weekend) with the yoga teacher

1:00 PM

Healthy Farm-To-Table served lunch with our private chef cooking the daily fresh produce

3:30 PM

Cruising on a private boat with captain to the private historical family villa Intragnola and its flower gardens with our local tour guide ending with the ritual of the Italian aperitivo

7.30 PM

Served gala dinner at home with personal chef presenting the good local Risottos

9.00 PM

Magic show, Daniel the table magician

SUNDAY

Day four



7:45 - 8:45 AM

Open up! A gentle practice for the heart center

8:45 - 9:15 AM

Served Farm-To-Table breakfast

10:00 - 12:00 AM

Morning massages relax by the pool (from Mid April to September ends)

1:00 PM

Served healthy Farm-To-Table lunch with a personal chef

5:00 - 7:00 PM

Handmade from scratch pasta workshop or show-cooking with our master chef Gioele. "Pasta a Mattarello" is an ancient tradition which has been handed down from mother to daughter, it's all about wise gestures that girls learn since early childhood.

Gioele and Margherita will follow you step by step, in all the stages of fresh pasta production

7.30 PM

Farewell served gourmet dinner with dancing music party with maestro Riccardo the keyboard musician and his repertoire

MONDAY

Day five



7:00 - 7:30 AM

Light breakfast

8:30 AM

Check out

My Lake Maggiore
LUXURY EXPERIENCES



Yoga

LAURA STEFANI, TEACHER

Laura is an Italian Hatha and Vinyasa yoga teacher. She live for ten years in Bonaire, a small Caribbean island where she owned a delightful yoga studio (Smiling Buddha Yoga).

Then she moved to India to deepen her knowledge of the yoga tradition, there she taught yoga to women victims of sex trafficking.

She currently lives in Italy and offers workshops and retreat all over the world and teaches privately and online.



Direction

SIMONA GRIMOLDI, EVENT MANAGER

Simona, Milano native, CEO at farmtotablelagomaggiore.com and mylakemaggiore.com, aims to curate experiences that sets Italy's rareness foremost from cultural heritage to local food&wine, gifting tourists from all over the world, with privileged look at the authentic dimension of Italy presenting a side of the Lake Maggiore that combines famous monuments but also hidden places from a different point of view, the one of the local people.



www.farmtotablelagomaggiore.com



FORTHCOMING YOGA AND WELLBEING HOLIDAYS ON

2024

Spring

March 28th - April 1st (Easter)

April 11th - 15th

May 2nd - 6th

May 9th - 13th

May 16th - 20th

May 23rd - 27th

Fall

October 24th - 28th

October 31st - November 4th

November 7th - 11th

November 14th - 18th

November 21st - 25th

November 28th - December 2nd

December 5th - 9th

2025

Winter

January 9th - 13th

January 16th - 20th

January 23rd - 27th

January 30th - February 3rd

PRICES The cost of this holiday is 3500 Euro per person based on private single room available

Details

Included in your stay

- Breakfasts at home
- Lunches and dinners at home
- Transportation & travel guide
- Daily yoga and meditation
- 1 cooking course
- 1 wine tasting
- Boat fare to the lake
- Yoga mats
- Massages and pilates

Not included in your stay

- Flight to Milan
- Transportation to the Villa
(can assist with coordination to and from the Villa)
- Travel Insurance
- Any alcoholic drinks (including wine)
- Excursions not mentioned on itinerary
- 1 lunch at the restaurant
- Euro 0,50/pp x day city tax



Contact

SIMONA GRIMOLDI

Mail info@mylakemaggiore.com

Phone number +39.334.8963242

Instagram [@farmtotablelagomaggiore](https://www.instagram.com/farmtotablelagomaggiore)

