



PRIVATE & EXCLUSIVE HEALTHY RETREATS
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.



SATURDAY

Day one



WELCOME

to Italy where old world charm, history, culture and amazing cuisine meet

SETTLE

into your accommodation for the week, an 18th century Villa surrounded by a beautiful park and a splendid view of Lago Maggiore

TIME TO MEET & CONNECT

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

RELAX

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

PLUNGE

into the Italian culture, nature and allow yourself to just be....

7:00 PM

Welcome dinner with a personal chef

9:00 - 9:45 PM

Yoga Nidra, a relaxing practice to arrive and ground



SUNDAY

Day two



7:45 - 9:00 AM

Yoga & meditation

9:00 - 9:30 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

7.30 PM

Served gourmet dinner with hand-prepared pasta

MONDAY

Day three



7:45 - 9:00 AM

Yoga & meditation

9:00 - 9:30 AM

Served Farm-To-Table breakfast

10:00 AM - 1:00 PM

Explore exclusive italian clothing for women, men & kids at Herno Official Store. Discover Italian luxury fashion outwear with us

3:30 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

Served gala dinner at home with personal chef

TUESDAY

Day four



7:45 - 9:00 AM

Yoga & meditation

9:00 - 9:30 AM

Served Farm-To-Table breakfast

9.30 AM - 2.00 PM

Self time (massages are available during this time)

1:00 PM

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

2:00 - 5:00 PM

Free time

5:30 - 7:30 PM

The Ritual of The Italian Aperitivo with a local wine sommelier

7.30 PM

Dinner with Personal Chef



WEDNESDAY

Day five



7:45 - 9:00 AM

Yoga & meditation

9:00 - 9:30 AM

Served Farm-To-Table breakfast

10:30 AM

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



THURSDAY

Day six



8.00 - 9:00 AM

Pilates

9:00 - 9:30 AM

Served Farm-To-Table breakfast

9:30 AM

Diary farm visit and cheese making with Farm to Table lunch.

The lesson will begin at the dairy farm, where we'll say hello to the animals & visit the barn where you can learn about the wonderful variety of cheeses produced and the, during this class, you will learn to make your own cheese

7.00 PM

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

FRIDAY

Day seven

7:45 - 9:00 AM

Yoga & meditation

9:00 - 9:30 AM

Served Farm-To-Table breakfast

9:40 AM

Day Trip on the Lake Orta with local tour guide and access to a private botanical garden

Come and explore this less-known gem with us.

There are plenty of cultural sites, private gardens in bloom and experiences to live and breathe in this little corner of paradise.

Discover with us a family private botanical garden and the stunning Island San Giulio facing the Orta village.

An experience you won't regret!

7.30 PM

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



SATURDAY

Day eight



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 lived 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



When

FORTHCOMING YOGA AND WELLBEING HOLIDAYS ON

2024

Fall

October 26th - 2nd November

November 16th - 23rd

November 30th - December 7th

2025

Winter

January 11th - 18th

February 8th - 15th

March 8th - 15th

2025

Spring

April 19th - 26th

May 1st - 10th

May 10th - 17th

Fall

October 18th - 25th

PRICES The cost of this holiday is 5,500 Euro per person based on private single room available

Details

Included in your stay

- Breakfasts at home
- 7 dinners at home
- Transportation & travel guide
- Daily yoga and meditation
- 1 sound healing evening
- 1 yoga Nidra evening
- 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
- The lunches far from home
- Any alcoholic drinks (including wine)
- Excursions not mentioned on itinerary
- Reiki healing upon request, to be booked separately available every day
- Sound voice healing, individual session available upon request
(Thursday only) not included in the price
- Euro 0,50/pp x day city tax



Contact

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