

RETURN TO SERENITY. RETURN TO YOU

CREATE SPACE WELLNESS RETREAT



Amalfi Coast, Italy

MAY 19TH-24TH

6 DAY RETREAT INFO PACK

Amalfi Coast

ABOUT THE VILLA

Your Italian Haven for Serenity and Renewal

Tucked away in the tranquil hills, Villa Cartenì is a boutique-style retreat that blends Italian countryside charm with rustic elegance. With specular views over looking the Gulf of Naples and the rolling Amalfi Coast hills, this three-story villa offers a serene sanctuary where simplicity meets soul. Sun-soaked terraces, antique accents and peaceful outdoor spaces create an atmosphere of deep grounding tranquillity. Just minutes from local villages and the sea, Villa Cartenì invites you to slow down, reconnect and slip into the gentle rhythm of Italian coastal life—a place to breathe deeply and rest fully.



Italian FOOD

Fresh, local Italian food to nourish your soul

Indulge in a culinary journey that honours Italy's rich farm-to-table traditions. With half board included, you'll enjoy nourishing breakfasts and thoughtfully prepared dinners each day of the retreat. Savor the flavors of the Amalfi Coast—sun-ripened tomatoes, freshly made buffalo mozzarella, fragrant herbs and the region's finest extra-virgin olive oils. Let our local in-villa chefs welcome you with the warmth of true Italian home cooking, where simple, beautiful ingredients and generations-old traditions create soulful meals that feed both body and soul.



WHAT'S INCLUDED



Tranquil 5-Night Stay*

Exclusively limited to 8 Guests. Each room offers, whether shared or private, unparalleled comfort and serene ambiance, ensuring your retreat is both restful and rejuvenating.

*We offer shorter and extended options, reach out to discuss what suits you best.



Twice daily yoga classes or workshops

Classes & workshops are suitable for all levels: breath work, meditations, asana, journal prompts, ayurvedic coaching and workshops on lifestyle/career discovery/planning.

No experience necessary.



Breakfast & dinner (half-board)

Daily continental breakfast. Dinner: Private local chefs and local restaurant. Water, coffee and tea available throughout your stay. Limited prosecco and wine is included.



2 day round trip shuttle service to Sorrento and Positano

Enjoy a dreamy afternoon in the iconic Amalfi Coast town of Positano. Spend an evening in Sorrento as the city comes alive under the glow of its seaside lights.

WHAT'S INCLUDED



Transfer & travel support

We're here to make your journey seamless. We can arrange airport transfers, provide tailored travel advice and support you with plans around Italy before and after your retreat. Free transfer to/from Sorrento train station to villa.



Yoga mats and workshop materials

Yoga mats/straps/blocks and writing/art materials for the workshops are included. Bring your own journal or any personal items you'd like to use.

WHAT'S NOT INCLUDED

- Flights
- Lunches: You're welcome to use the villa's kitchen or wander to nearby towns for a bite.
- Tours / excursions: Not listed? We're happy to help arrange them for you.
- Other snacks and drinks: Not included.

OPTIONAL EXCURSIONS

We've handpicked the most magical experiences to make your retreat unforgettable. Here are some optional excursions / activities you can book.



Capri Boat Tour

Set sail to the stunning island of Capri! Swim in crystal-clear turquoise waters, explore charming streets, and enjoy a delicious lunch overlooking the iconic Faraglioni Rocks.

€160 p.p (min 5 pax)



Cooking with Barbara!

We adore Barbara! Join her for a hands-on Italian cooking experience in her home, using fresh local ingredients and learning traditional recipes—all while sharing plenty of laughter.

€150 p.p (min 2 pax)



In-House Massage

The ultimate self-care indulgence. Enjoy a 55-minute relaxation massage, right in the comfort of your retreat space.

€70 p.p



Wine Tasting and Lunch on Vesuvius

Savour wine tasting and 3-course meal on Mt. Vesuvius, with stunning views, exceptional local wines, and rich regional flavours.

€70 (min 4 pax)



Path of the Gods Hike

Embark on a breath-taking hike, following ancient trails high above the Amalfi Coast with panoramic views of the Mediterranean.

€50 (min 4 pax)

DAILY SCHEDULE

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Sunrise 7:30 - 8:00	Sunrise meditation, gentle stretch or Qi Gong class
Morning 8:00 - 9:00	Morning yoga class, meditation, breathwork & journaling
Breakfast 9:00 - 10:00	Leisurely Italian breakfast with a view
Free time 10:00 - 17:00	Enjoy the grounds of the villa; request a 1:1 coaching session or join a planned excursion
Afternoon 17:00 - 18:00	Unwind from the day with an afternoon yoga class, massage or join a workshop
Dinner 19:00 - 21:00	Dinner while watching the sun set next to the island of Capri
Wind-down 21:00 +	Evening wind-down activity or alone time

*Schedule subject to change

Retreat

PRICES

(MAX 8 PARTICIPANTS)

Occupancy (price/person)

Private
Room

Share
Room

Double room with views, balcony & private bathroom



€2200

€1600

Double room with views & shared bathroom



€1900

€1400

Twin Room with views, balcony & private bathroom



€1400

A 2.5% service fee will be added for credit card payments.

Booking PROCESS

So you've decided this is right for you, what's next?

1 Non refundable deposit

Let us know your accommodation preference and we will take a non refundable deposit of €500 to secure your spot. Once deposit is received you will receive a welcome email and confirmation of your booking.

2 Getting to know you

We will send you a registration form to get to know you a bit more and understand what you would like to get out of this experience. We would love to meet you virtually too!

3 Pay remaining balance

Pay remaining balance by 1 April 2026.





Hi there! MEET US



Experience the Gentle Art of 'Dolce Far Niente' - the Sweetness of Doing Nothing in this serene landscape.



- Registered Yoga/ Meditation/Breathwork
- Mindfulness Based Stress Reduction
- Certified Intuitive Coach
- Trauma Informed Educator

Daniella Gentile

Co-founder

Ciao! I'm Daniella, an Italian-Canadian from Vancouver whose always had a strong connection to my Italian heritage. My life journey has brought me to different places and has always incorporated yoga and meditation. After feeling burnt out from my career and the general rush of life, I decided to leave it all and start fresh. I felt called to do this by connecting to my roots in Italy and decided to move to Sorrento. This period of self-exploration and discovery really helped me realize my purpose and path. I now aim to share what I've learned from my healing journey and trainings, and support people who are feeling wrapped up in the chaos of our modern lives, to reset and begin anew.



- Registered Yoga Teacher
- Trained Ayurvedic Nutritionist
- Transformation life mentor
- Chartered Accountant

Nancy Yeung

Co-founder

Hello there! I'm Nancy, a spirited soul who found her heart's home along the stunning shores of the Sorrento Peninsula. Originally from Sydney, I made the life-changing leap away from the corporate whirlwind, a decision that rewrote the story of my life.

I recognised the necessity to pause, to breathe, to create space and harmonise my body, mind and soul. I learned the art of living authentically and wholeheartedly. My passion now lies in empowering others to navigate their own paths toward intentional living. I thrive on guiding and supporting individuals through their unique journeys, aiding them in finding their rhythm, purpose and inner harmony.

Client's TESTIMONIALS



"I found myself again"

"Reconnecting with myself, being carefree was the best gift that Nancy and Daniella could have given me. Their guidance throughout the week, the fellowship with other participants is what made this a true life changing trip."



"A spectacular retreat"

"Those few days have really changed my life. Daniella and Nancy have a spectacular retreat. It was the perfect thing to do for a new chapter reset in life. I will always cherish the memories and women I met there and will 100% be back for a second retreat!"



"It was exactly the experience I needed"

"This retreat was truly amazing. It was exactly the experience I needed to reset and recharge. The accommodation was simply incredible and the view was unbeatable. You could just tell the amount of organisation and thought that went into the retreat. Thank you so much for this experience."



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RETREAT*

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*Registered company name:
Minerva Mindfulness Pty Ltd

Get in touch with
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