



Art & Wellness

From 25 to 27 April 2026

Craft Weaving & Yoga

Weave & Unwind: A 3-Day
Retreat of Craft, Yoga, and
Connection

Day 1 – Saturday, April 25 Arrival & Opening

- Arrival, Check-in of guests (hot beverages, herbal teas, and natural snacks available)
- 10 AM to 1 PM - Weaving Course – First part: introduction and start of the personal project
- 1 PM to 2 PM - Communal lunch with local and seasonal ingredients
- 2 PM to 3 PM – Walk through the Estate with Consuelo Tarandev, visit to the fields, local production, and boutique
- 3 PM to 5 PM – Weaving Course Second part
- 5 PM to 7 PM – Free time and relaxation
- 6 PM to 8 PM - Regenerating Yoga and evening meditation
- 8 PM to 9.30 PM - Dinner
- 9.30 PM to 10 PM - Optional Meditation
- 10 PM – Good Night 🌙

www.casinanand.com

info@casinanand.com

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Via Cupa 18 – 73051 Novoli (Le)



Day 2 – Sunday, April 26 **CREATION AND WELLNESS**

- 8 AM to 10 AM – Buffet breakfast, sweet & savory
- 10 AM to 1 PM – Weaving Course – Third part
- 1 PM to 2 PM – Lunch
- 2 PM to 3 PM – Walk or free time
- 3 PM to 5 PM – Weaving Course Fourth part
- 5 PM to 6 PM – Free Time for individual relaxation
- 6 PM to 8 PM – Yoga and deep meditation

- 8 PM – Dinner

Enjoy a thoughtfully prepared dinner, possibly featuring seasonal and locally sourced ingredients, aligning with the retreat's wellness focus.

- 9.30 PM – Optional Short Meditation
- 10 PM – Good Night 🌙

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Day 3 – Monday, April 27 Closing & Departure

- 8 AM to 10 AM – Breakfast time
- By 12 PM Check-out and room release
- Until 3 PM Free time
(optional extra activities available for an additional cost: SPA treatments, Aufguss, mini local cooking course)
- 3 PM to 6 PM Final weaving session and finishing touches on the project

ALL INCLUSIVE PRICE

1110 EUR per person
Single Occupancy

760 EUR per peroson
Double Occupancy

Ps. Add the cost of OPTIONAL Cooking Class or Mother Earth connection from the fruit to the jam journey

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More info to...

*OPTIONAL WORKSHOPS (2 h duration)

€/PAX 40 each – MIN. 4 people each group

1. COOKING CLASS

Learn how to prepare a typical local dish

2. TRANSFORM A FRUIT....

- Learn how to transform a seasonal fruit into a jam
 - Learn the history of the chosen fruit) in this case Grape or Pomegranate)
 - Pick them from the trees
 - Transform them into jam
 - Take your homemade jam with you
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Craft Weaving Workshop

This workshop is designed specifically to introduce participants to the fundamental techniques of weaving:

- Components of a loom;
- Characteristics of warp and weft;
- Design patterns for fabric: threading, binding, pedal patterns, and weave structure;
- Loom assembly;
- Weaving of fabric and its derivatives;
- Exhibition of loom work.

