



DATU

WELLNESS RETREAT

AUTHENTIC AYURVEDA & YOGA RETREATS
IN THE HEART OF TUSCANY.

FOR THE FIRST TIME IN EUROPE,
WE CONVENE LEADING YOGA AND AYURVEDA PRACTITIONERS
FROM AWARD-WINNING EASTERN INSTITUTIONS WITHIN THE
FAMILIAR COMFORTS OF TUSCANY.

WWW.DATUWELLNESS.COM

Datu is an authentic wellbeing retreat that fuses the best of Eastern wisdom with Western lifestyles.

For a limited period each year we convene leading Yoga and Ayurveda practitioners from the most renowned, award-winning Eastern institutions, ashrams and clinics within the convenience, comfort and proximity of beautiful Tuscany.

Our team is united by a sincere desire to help, heal and energise. Our one-of-a-kind retreats provide you direct access to their timeless, authentic and precious expertise which is unavailable elsewhere in Europe.





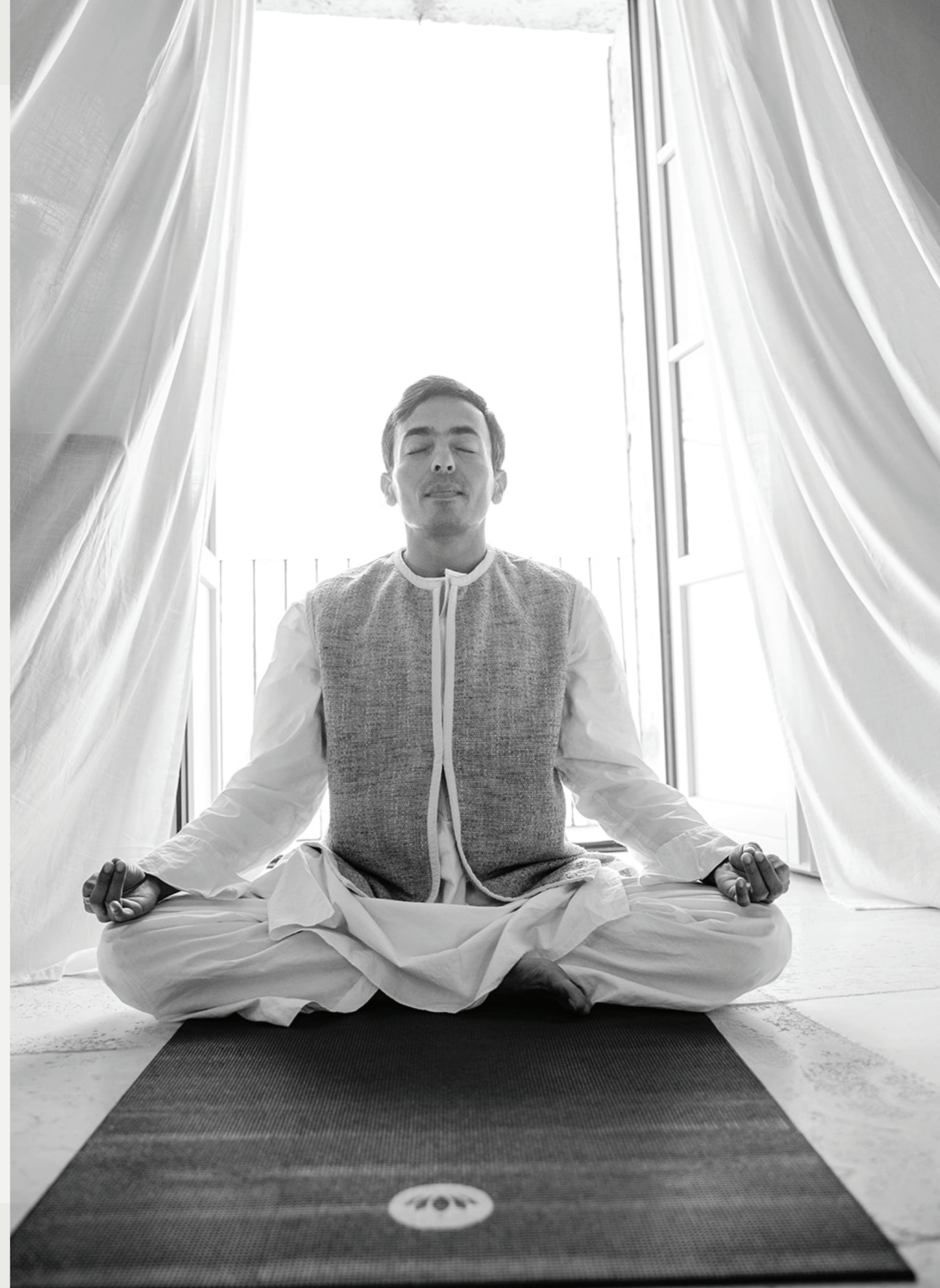
WHY DATU?

Our unwavering dedication to preserving and providing the authenticity and integrity of Yoga and Ayurveda practices is what sets Datu apart. We invite you to join us and experience the benefits of this transformative retreat in the hands of our uniquely skilled practitioners in the heart of Europe.

A DAY AT DATU

Your stay begins with a complete Ayurvedic wellness consultation led by an experienced Ayurvedic physician. This helps us tailor each day of your retreat, offering you a dynamic programme designed to reinvigorate your body, calm your mind and uplift your spirit.

As part of our comprehensive offering, you can expect complimentary massages, Yoga asana to improve posture and movement, acupuncture to increase Qi flow, meditation and pranayama sessions for mental focus, calmness and presence and delicious fusion meals prepared by Ayurvedic chefs to achieve optimum energy levels.



MEET THE TEAM

Our team of practitioners comprises highly trained individuals who have honed their expertise through decades of study and practice in esteemed institutions and traditional Eastern lineages.

With many of them having come to Europe for the first time with Datu, guided by a deep reverence for ancient wisdom and a commitment to providing you with the highest level of care, our practitioners bring a wealth of knowledge and experience to help you on your path towards wellbeing.

We are equally honoured to welcome special guests on our retreats who will share their unique skills with us.



Safira
AYURVEDA THERAPIST



Avantika
COLOUR THERAPY



Hitesh
YOGA TEAM



Suyash
YOGA TEAM



Boris
PHYSICAL THERAPIST



Dr Ramkumar
AYURVEDIC DOCTOR



Pema
SOWA RIGPA THERAPIST



Dr Ramadas
AYURVEDIC DOCTOR



Vlad
CLINICAL MYOTHERAPIST



Mallika
YOGA TEAM



Dr Sajna C
AYURVEDIC DOCTOR



Constantin
DATU CONVENER



Lekhan
THERAPIST



Dr Therese Augsburg
HUMAN DESIGN



Jan v.d. Westhuizen
GUEST MICHELIN STAR CHEF



Komal
YOGA TEAM

Where we've trained, worked and learned

WWW.DATUWELLNESS.COM/BOOKNOW



TESTIMONIALS

“For the first time since I became a mom of an 8 month old daughter I have been taken care of completely - it is a wonderful feeling I will treasure and resurrect! And excellent cuisine by an excellent chef - going back lighter and more light hearted.”

Eva - Bulgaria

“I love this superb program! Well organised, grand in scope and such a gentle atmosphere. Cannot wait to come back.”

Thomas - Germany

“The programme was a perfect balance of yoga, meditation, chanting, and sound healing; the yoga was at a level where everyone felt they could participate without feeling uncomfortable. Your team was wonderful - authentic, kind, professional, experienced and clearly passionate. Overall, I had a truly transformative time - thank you.”

Emma - U.K

“I am so grateful to have experienced the connection with my body, mind, and soul and to become part of the Datu family.”

Dany - Switzerland

“You have created an experience for us all of healing and joy, love and connection. This is all down to your generosity of spirit and deep compassion. And a huge thank you to Vlad who has helped me be pain free for the first time in 20 years”

Louise - U.K.

Featured in



DATU

WELLNESS RETREAT

WEEKLY RETREAT PROGRAM

Datu seamlessly weaves together the threads of ancient wisdom with your contemporary realities so you can indulge in the gift of self-care. We offer a daily group programme of mindfully selected classes designed to invigorate your body, calm your mind and uplift your spirit.

Most activities take place around our medieval Borgo. Some are external or weather permitting, such as the Thermal Hot Springs, Tuscan Culture tours, the hikes and organic farming introduction. Our practitioners lead all group activities which are designed to complement your transformative wellbeing experience and are included for all guests.

Please arrive two to five minutes before the starting time to secure your spot and not to disturb the activity once it's started.

DAY 1

7:00am - 7:50am
Yoga Asana
Awareness | Breathing | Posture

8:00am - 8:45am
Nature Walk*

9:15am - 9:45am
Om Chanting

10:30am - 11:15am
Movement in the pool*

11:30am - 12:00pm
Yoga Asana

12:15pm - 1:00pm
Which Asana practice is right for me

2:00pm - 2:30pm
Yoga Nidra
withdrawal of senses with awareness

3:30pm - 4:00pm
Raag Therapy

5:00pm - 5:45pm
Yoga Pranayama
Breathing | Relaxation

DAY 2

7:00am - 7:50am
Yoga Asana
Awareness | Breathing | Posture

8:00am - 10:30am
Organic Farming Intro*

9:15am - 9:45am
Tratak

11:30am - 12:00pm
Yoga Asana

12:00pm - 1:00pm
Nutrition Lesson

2:00pm - 2:30pm
Yoga Nidra
withdrawal of senses with awareness

3:00pm - 8:00pm
Thermal Hot Spring Visit

3:30pm - 4:00pm
Raag Therapy

5:00pm - 5:45pm
Yoga Pranayama
Breathing | Relaxation

6:00pm - 7:00pm
Talk - Patanjali's Yoga Sutras

DAY 3

7:00am - 7:50am
Yoga Asana
Awareness | Breathing | Posture

9:15am - 10:00am
Gom Meditation

10:00am - 2:00pm
Tuscan Culture Tour*

11:00am - 11:30am
Our Medieval Borgo - An Introduction

11:30am - 12:00pm
Yoga Asana

2:00pm - 2:30pm
Prajna - Yoga Nidra
withdrawal of senses with awareness

2:45pm - 3:15pm
Walking Meditation

3:30pm - 4:00pm
Raag Therapy

4:30pm - 5:00pm
Music Recital

5:00pm - 5:45pm
Yoga Pranayama
Breathing | Relaxation

6:00pm - 7:00pm
Talk - An Introduction to Buddhist
Philosophy.

*weather permitting.

DAY 4

7:00am - 7:50am
Yoga Asana
Awareness | Breathing | Posture

9:15am - 10:00am
Shamatha Meditation

10:30am - 11:15am
Movement in the pool*

11:30am - 12:00pm
Madhyan Yoga
light movement of joints and body.

12:00pm - 1:00pm
Cooking Class

2:00pm - 2:30pm
Yoga Nidra
withdrawal of senses with awareness

3:30pm - 4:00pm
Raag Therapy

4:30pm - 5:00pm
Music Recital

5:00pm - 5:45pm
Yoga Pranayama
Breathing | Relaxation

6:00pm - 7:00pm
Talk - The Wisdom of Ayurveda and
my Dosha

DAY 5

7:00am - 7:50am
Yoga Asana
Awareness | Breathing | Posture

8:00am - 12:00pm
Siena Culture Tour*

8:00am - 8:45am
Power Walk

9:15am - 10:00am
Gom Meditation

11:00am - 11:30am
Mindful for Midday

11:30am - 12:00pm
Madhyan Yoga

2:00pm - 2:30pm
Yoga Nidra
withdrawal of senses with awareness

2:45pm - 3:15pm
Walking Meditation

3:30pm - 4:00pm
Raag Therapy

5:00pm - 5:45pm
Yoga Pranayama
Breathing | Relaxation

6:00pm - 7:00pm
Talk - Sowa Rigpa: Ancient Science of
Tibetan Healing

DAY 6

7:00am - 7:50am
Yoga Asana
Awareness | Breathing | Posture

9:15am - 9:45am
Tratak

10:00am - 11:00am
An Introduction to Pujas

11:30am - 12:00pm
Yoga Asana
light movement of joints and body

12:00pm - 1:00pm
Cooking Class
From Farm to Table

2:00pm - 2:30pm
Yoga Nidra
withdrawal of senses with awareness

3:30pm - 4:00pm
Raag Therapy

5:00pm - 5:45pm
Yoga Pranayama
Breathing | Relaxation

6:00pm - 7:00pm
Talk - The Art of Traditional Chinese
Medicine

7:00pm - 9:00pm
Live Music

DAY 7

7:00am - 7:50am
Yoga Asana
Awareness | Breathing | Posture

8:00am - 9:00am
Walk in Tuscan Hills*

9:15am - 9:45am
Om Chanting

11:30am - 12:00pm
Yoga Asana

12:00pm - 12:45pm
Lesson on Satvic Beverages

2:00pm - 2:30pm
Yoga Nidra
withdrawal of senses with awareness

3:30pm - 4:00pm
Raag Therapy

5:00pm - 5:45pm
Yoga Pranayama
Breathing | Relaxation