



YOUR HOLISTIC  
RETREAT  
IN THE HEART OF  
FAVIGNANA —  
WE ARE READY  
TO WELCOME  
YOUR VISION.

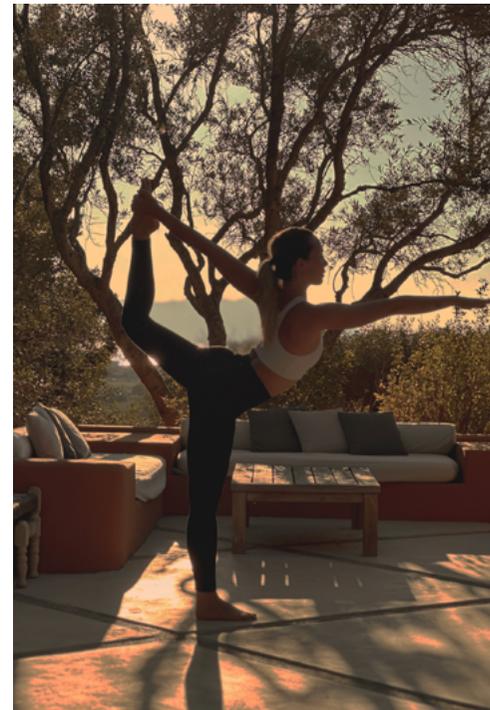
*Favignana — Egadi Islands (Italy)*





## TERRE DEL FAVONIO RETREAT

- Introduction
- The Boutique Hotels
- Dimora dell'Olivastro: the location, rooms, yoga shala, available periods for retreats
- Dimora Cala del Pozzo: the location, rooms, seaside restaurant CiboChiacchiereVino, yoga deck, available periods for retreats
- The Cuisine – A Foundational Pillar
- Activities During the Retreat
- Indicative Rates
- Transportation – How to reach us
- Favignana, Heart of the Egadi Islands – Highlights and Curiosities
- Photo Gallery
- Contacts





YOUR HOLISTIC RETREAT IN THE HEART OF FAVIGNANA

# WELCOME TO TERRE DEL FAVONIO

There is a place where time slows down, and every breath aligns with the rhythm of nature. Our *Dimore* in Favignana — embraced by the sea and nestled among ancient olive trees — are **the perfect setting to host yoga, Pilates, and wellness retreats.**

Amidst a landscape of natural beauty — ancient olive trees and Mediterranean scrub — **Terre del Favonio** offers everything a teacher could wish for to create a truly transformative experience for their students: **vegetarian and vegan cuisine made with organic local ingredients**, practice spaces immersed in nature, our heartfelt Sicilian hospitality, and personalized services.

**We are ready to welcome your vision.**





TWO DIMORE, ONE VISION:  
AUTHENTIC WELL-BEING IN DEEP CONNECTION WITH NATURE

## THE PROPERTIES

The two *Dimore* are located approximately 1,5 km apart —  
an easy walk (15 minutes) or bike ride (5 minutes).  
Both face west, toward the setting sun as it sinks into the sea,  
with the silhouette of Marettimo on the horizon.

>> <https://www.dimoracaladelpozzo.it>

>> <https://dimoradellolivastro.it>





MAIN RETREAT LOCATION:  
AN ATMOSPHERE OF COMPLETE PEACE AND TRANQUILITY

# DIMORA DELL'OLIVASTRO

Nestled at the foot of Monte Santa Caterina, surrounded by wild olive trees, sea, and silence, Dimora dell'Olivastro is an invitation to stillness and contemplation.

Its **6 elegant rooms**, each with a unique character, offer modern comfort in harmony with Sicilian tradition: Wi-Fi, air conditioning, private outdoor space, and **panoramic views**.

During our retreats, all meals are served in the cozy lounge or under the Dimora's portico.

Guest capacity:

**12-14 PEOPLE** (6 DOUBLE ROOMS, 2 OF WHICH CAN BE ARRANGED AS TRIPLES)

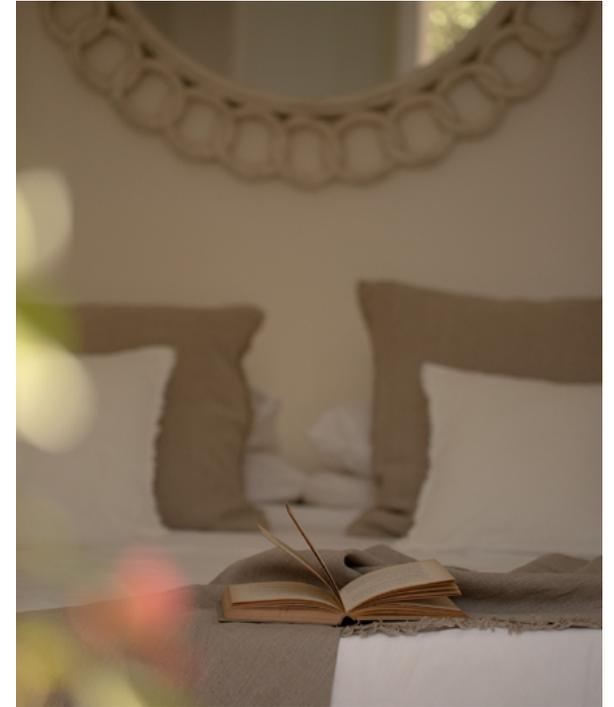
Available retreat periods:

**APRIL - MAY / OCTOBER - NOVEMBER**





DIMORA DELL'OLIVASTRO





DIMORA DELL'OLIVASTRO



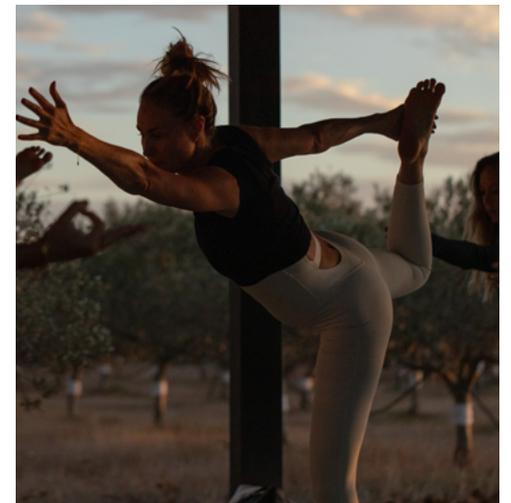
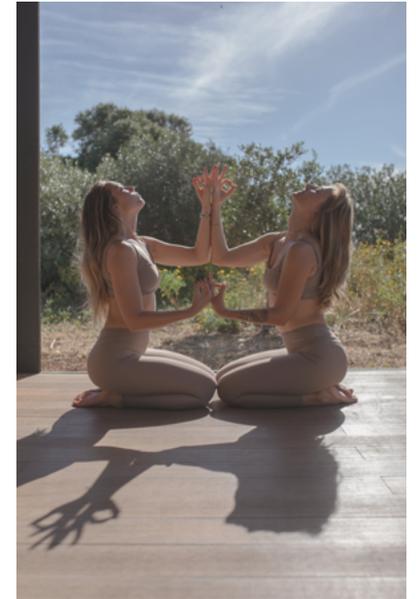


THE PRACTICE, SURROUNDED BY NATURE

## THE SHALA

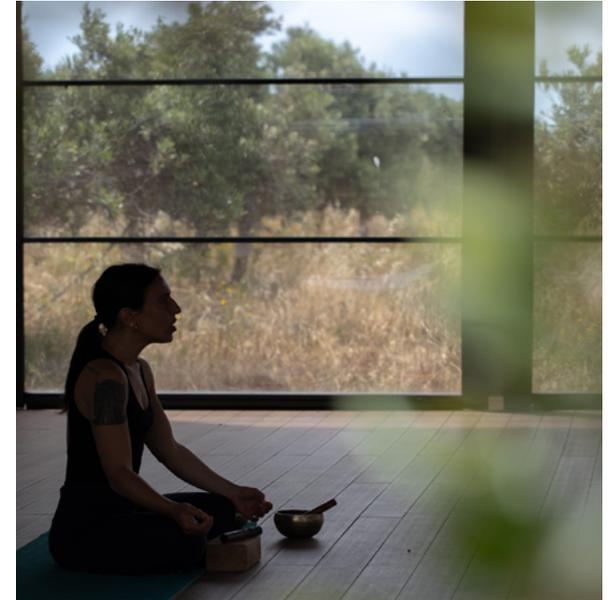
The beating heart of our retreats is the shala, **nestled in the olive grove**:

- 100 sqm covered space, square-shaped
- Wooden beam structure with a solid back wall (ideal for inversions)
- Removable transparent side panels
- Mats (Reyoga), blocks, and blankets provided





DIMORA DELL'OLIVASTRO  
SHALA





IDEAL FOR LARGER GROUPS OR GROWING RETREATS

# DIMORA CALA DEL POZZO

Just steps away from the turquoise waters of Cala del Pozzo, this *Dimora* was originally an 1800s rural farmhouse, set in the island's most wild and captivating area.

Its **8 rooms** — decorated with natural materials and colors inspired by the landscape — open onto breathtaking views.

It's the perfect place for those who seek untouched nature, silence, and true connection.

A short walk away:

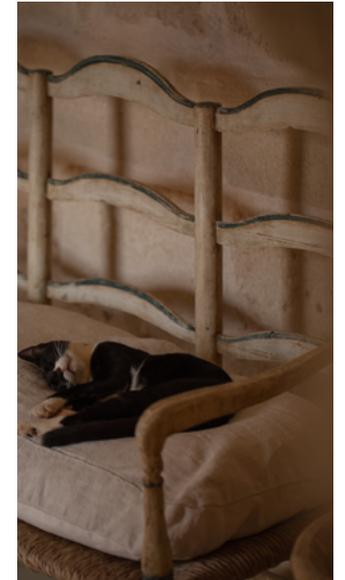
- The **CiboChiacchiereVino** restaurant, with sunset views over the sea
- A seafront **yoga deck** for outdoor practices between sky and sea

Guest capacity:

**16 PEOPLE** (8 DOUBLE ROOMS, TWO WITH SEPARABLE BEDS)

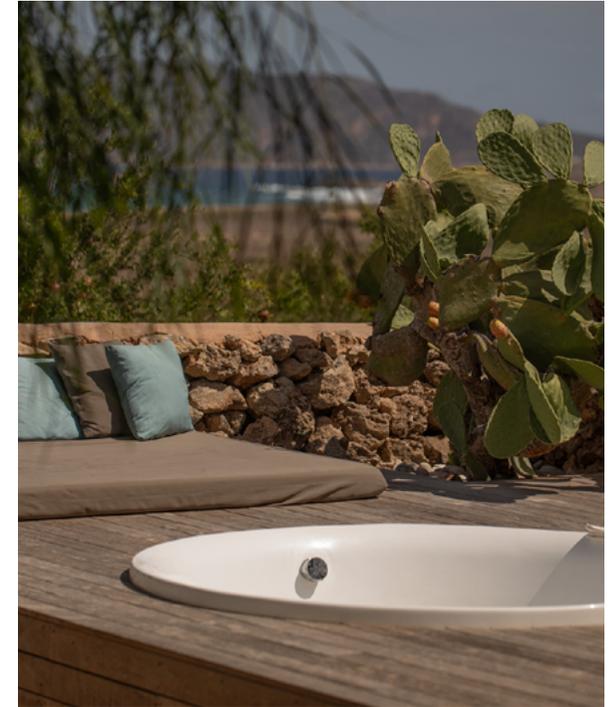
Available retreat periods:

**APRILE — MAGGIO E OTTOBRE — NOVEMBRE**





DIMORA CALA DEL POZZO





DIMORA CALA DEL POZZO





A PLACE OF FLAVOUR AND BEAUTY OVERLOOKING THE HORIZON -  
THE SEASIDE RESTAURANT

## CIBO CHIACCHIERE VINO

Just a few steps from **Dimora Cala del Pozzo**, our vegetarian restaurant CiboChiacchiereVino is a space where food becomes a sensory experience.

A terrace with breathtaking views over the sunsets of Favignana, where sea and sky merge in shades of pink and gold.

Although most meals during the retreats are served at Dimora dell'Olivastro, we love to bring our guests here **on special occasions** — for a long, relaxed lunch or an **apericena at sunset** — to share a convivial moment, inspired and uplifted by the surrounding landscape.

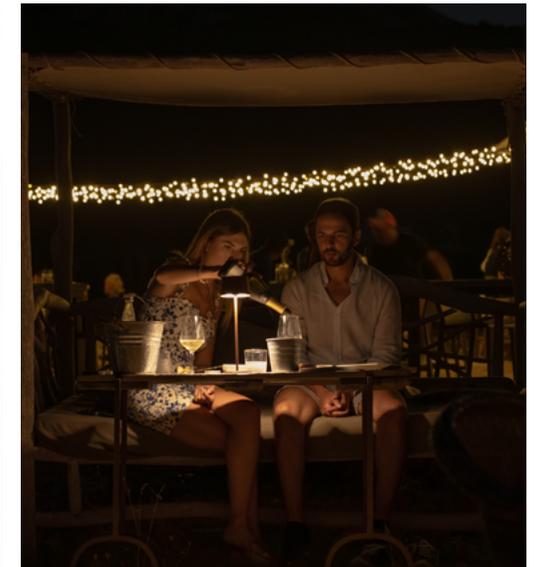
The menu reflects the same philosophy as the entire project: vegetarian, based on seasonal, organic, and locally sourced ingredients, prepared with creativity and care.

>> <https://terredelfavonio.it/cibo-chiacchiere-e-vino/>





CIBO CHIACCHIERE VINO





CUISINE AS A JOURNEY  
OF HEALTH AND AWARENESS

# NOURISHING BODY AND MIND – THE RETREAT CUISINE

During each retreat, nutrition becomes an essential part of the well-being journey. Our culinary offering is designed to **nourish, restore and support** the inner work of each participant.

Menus are crafted by our **biologist and nutritionist Giulia**, following principles of **prevention and healing through food**, with careful attention to food combinations, cooking methods, and the energetic quality of ingredients.

All meals are prepared with **organic, fresh, seasonal ingredients** — sourced primarily from our own farm, Terre del Favonio, and from other small local producers.

We offer **vegetarian and vegan dishes**, thoughtfully created to lighten the body, stimulate vitality, and support the practice.





OUR FARM – FROM FIELD TO TABLE:  
TRUE ZERO KILOMETER FOOD

# TERRE DEL FAVONIO

The **Terre del Favonio** organic farm is the beating heart of our cuisine. We cultivate vegetables, legumes, fruit, olives, grapes, grains, and aromatic herbs using organic methods — ingredients that we transform daily into simple, wholesome, and creative dishes.

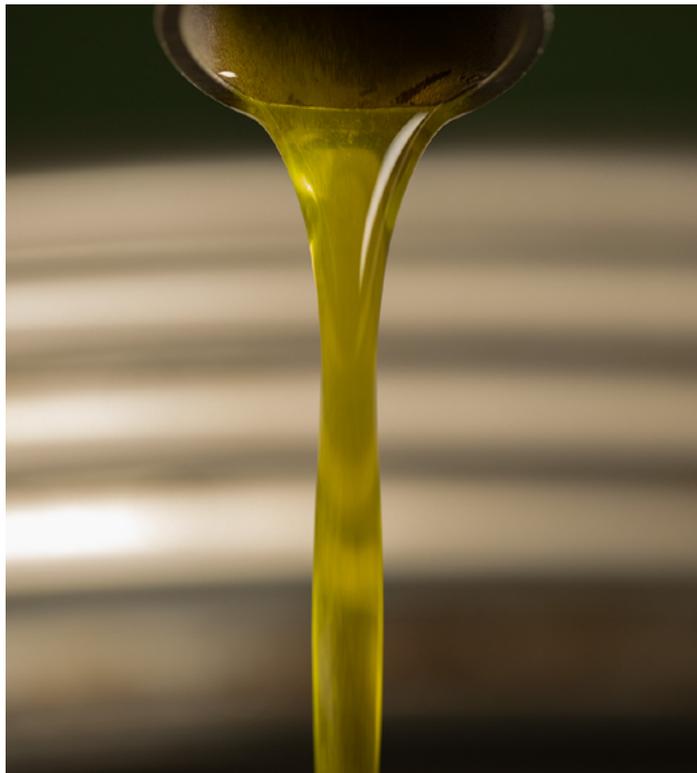
Guests are welcome **to harvest produce directly from the garden**, visit our **olive press and traditional oven**, and experience the seasonal rhythm of nature through hands-on participation.

Each dish tells the story of Favignana's soul: its land, sun, wind, and the delicate balance between flavour and well-being.





AZIENDA AGRICOLA TERRE DEL FAVONIO





FUNCTIONAL FOOD, EMOTIONAL FOOD

# THE POWER OF FOOD IN OUR RETREATS

The food we offer is not only delicious — it's designed to support **the holistic journey** of the retreat.

We apply the principles of **nutritional biotherapy**, a discipline that enhances the natural properties of foods through optimal combinations, cooking techniques, and synergistic pairings.

Our menus include dishes that:

- Support digestion and vital energy
- Promote focus and mental calm
- Aid the body's natural detox processes

**The care with which we nourish our guests** is a fundamental part of the transformative experience we offer.

Each meal becomes a ritual of presence, listening, and regeneration.





OUR HOLISTIC CHEF  
**CHIARA**

My name is Chiara, and I am a chef specialized in plant-based cuisine.

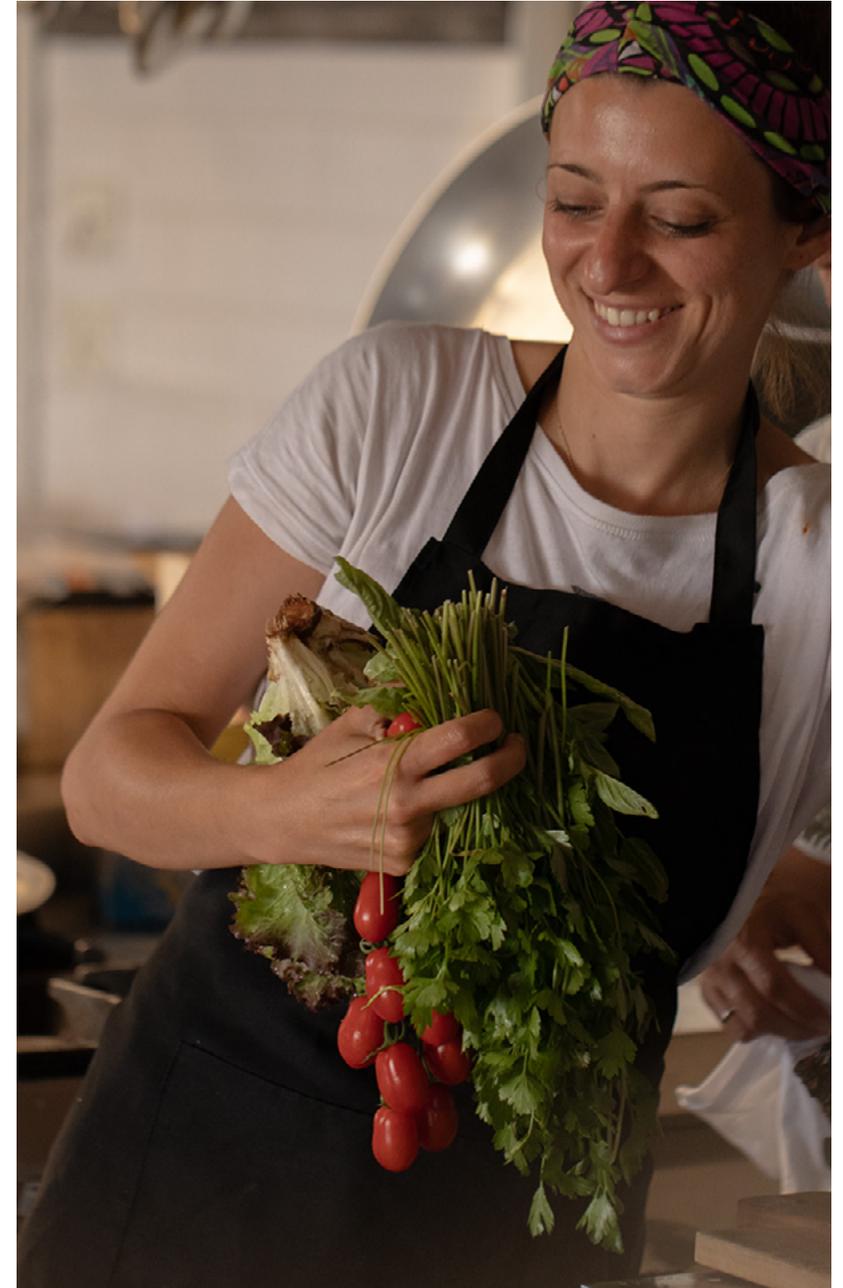
I choose ingredients that are either cultivated or wild, grown in harmony with the earth and the rhythm of the seasons, drawing inspiration from Sicily and its blend of cultures, sun, and sea.

**For me, food is nourishment, pleasure, and care.**

In 2022, I deepened my knowledge of macrobiotic cooking, earning the title of holistic chef and discovering how each food carries its own energy, expressed through its growth, cutting, and cooking.

I believe in a natural, simple, and sensory cuisine that brings joy, health, and beauty to those who taste it.

**An experience that nourishes the body, awakens the senses,  
and reconnects us to the Earth.**





EARTH-ROOTED EXPERIENCES

# BEING IN NATURE

During our retreats, we offer activities that foster a deep connection with nature, its rhythms, and its gifts. Simple moments, yet profoundly rejuvenating.

**HARVESTING IN THE TERRE DEL FAVONIO GARDEN**

Participants will have the opportunity to personally harvest seasonal produce, immersing themselves in the scents and colors of our land.

**VISIT TO THE BAKERY AND OLIVE MILL**

A journey into the places of tradition: our olive mill and bakery, where we share stories and showcase the artisanal production of bread and oil.

**COOKING CLASS**

Workshops in natural cuisine, where guests learn to prepare healthy and flavorful dishes using garden-fresh ingredients — rediscovering the beauty of simple, mindful food.

**FORAGING**

Guided walks to identify and collect wild Mediterranean herbs, learning about their culinary uses and healing properties.





# CONNECTING WITH THE ISLAND, INSIDE AND OUT – EXPERIENCES OF CULTURE AND MEDITATION

We've selected activities that deepen the inner work of the retreat and create a bridge between the group, nature, and the culture of Favignana.

### **TREKKING TO THE CASTLE OF SANTA CATERINA**

A scenic hike that culminates in a breathtaking view over the archipelago. Ideal for walking meditations and moments of silence.

### **BOAT EXCURSION AROUND THE ISLAND**

Sailing along the coast, practicing on board, or simply relaxing rocked by the waves — an experience of freedom and beauty.

### **YOGA PRACTICE AT THE CAMPARIÀ MUSEUM**

A unique setting where the energy of the place blends with its history in a powerful and evocative yoga session.

### **VISIT TO THE GIARDINI DELL'IMPOSSIBILE & THE TUNA FACTORY MUSEUM**

Cultural explorations that enrich the retreat experience with stories, rare plants, and the living memory of Favignana.





GENERAL INFORMATION  
FOR RETREAT ORGANIZATION

## INDICATIVE RATES

Our rates are designed to offer the highest quality, flexibility, and support, ensuring an unforgettable experience for both teachers and participants.

**(Recommended periods: April – May / October – November)**

### ACCOMMODATION + MEALS FORMULA

#### Price per room:

- > Shared double room: €320 per day (€160 per person)
- > Private room: €230 per day (€230 per person)

**Minimum number of participants: 10 people**

#### Included:

- ✓ All vegetarian or vegan meals (breakfast, lunch, dinner); alcoholic beverages and soft drinks are not included
- ✓ Access to the yoga shala/platform + equipment (mats, blocks, blankets)
- ✓ Daily room cleaning service
- ✓ Organizational/logistical support before and during the retreat
- ✓ One meal at our restaurant *CiboChiacchiereVino*, upon request (during opening season)
- ✓ Garden harvest, olive picking (October), olive mill visit, bakery visit, foraging, hike to the Castle of Santa Caterina
- ✓ One yoga session, to be scheduled, at the *Camparìa* Museum



#### Extras:

- Round-trip airport transfers
- Hydrofoil / ferry tickets
- Transportation on the island (e.g., bicycle, scooter, car)
- Cooking class (€30 per person)
- Boat excursion
- Visit to the 'Giardini dell'Impossibile' and the 'Former Florio Tuna Cannery of Favignana e Formica'
- Personalized welcome bag for participants with a selection of our organic products
- Wine, beer, and other alcoholic beverages
- Massages and treatments available upon request

#### Deposit and Cancellation Policy:

- 20 % of the total amount due at the time of booking – non-refundable
- 20 % due three months before the retreat start date – non-refundable
- Balance due one month before the retreat start date

WE ARE COMMITTED TO SUPPORTING TEACHERS — PLEASE LET US KNOW YOUR NEEDS, AND WE WILL DO OUR BEST TO ASSIST YOU IN EVERY WAY.



FAVIGNANA IS CLOSER THAN YOU THINK

## HOW TO REACH US

Organizing a retreat in Favignana is easy.

The island is easily accessible from western Sicily, with fast and frequent sea connections.

### ARRIVAL IN SICILY

#### CLOSEST AIRPORTS:

- **Trapani Birgi (Vincenzo Florio)** – 25 minutes from the port of Trapani
- **Palermo Falcone-Borsellino** – 1 hour from the port of Trapani

#### SEA CONNECTIONS TO FAVIGNANA:

- **Hydrofoil** (30 minutes from Trapani, multiple departures daily)
- **Ferry** (about 1 hour from Trapani, also for vehicles)



#### ONCE ON THE ISLAND:

- We organize **private transfers** for guests and teachers (extra service)
- Our facilities are easily reachable from the port in just 10 minutes by car
- We work with rental partners who deliver vehicles (bicycles, scooters, etc.) directly to the accommodation

The retreat is designed to start at a relaxed pace, giving everyone time to arrive calmly, unwind, and settle in.



BETWEEN SEA, LIGHT, AND STONE:  
THE WILD SOUL OF FAVIGNANA

# FAVIGNANA — THE ISLAND THAT RESTORES

Favignana is not just a spectacular setting — it is a silent healer.

Its clear light, deep blue sea, the scent of Mediterranean scrub, and the island's slow rhythm work in synergy with the practices to support a true return to balance.

Every corner invites you to find your center, to breathe deeply, to surrender.

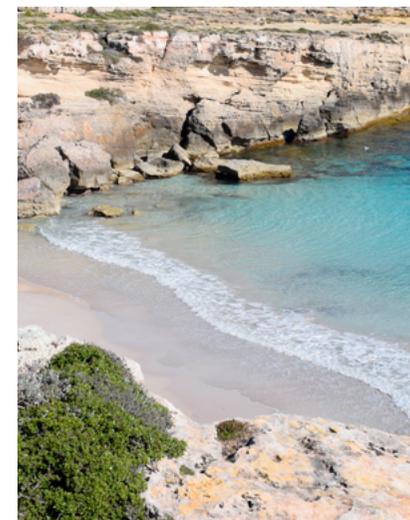
Our spaces are born and developed in harmony with this landscape.

They welcome, protect, and enhance every journey of transformation that unfolds here.

## CRYSTAL-CLEAR SEA AND HIDDEN COVES

A true paradise for sea lovers: transparent waters, underwater wonders, and quiet little bays to relax in total peace. Some of the most beloved:

- Cala Rossa
- Cala Azzurra
- Cala del Pozzo
- Bue Marino
- Preveto
- Cala rotonda





BETWEEN SEA, LIGHT, AND STONE:  
THE WILD SOUL OF FAVIGNANA

# FAVIGNANA — THE ISLAND THAT RESTORES

## THE TUFF QUARRIES

The island's landscape is carved by time and human hands: the ancient tuff quarries form evocative labyrinths, perfect for meditation, photography, or simply finding inspiration. A place unlike any other in the world.

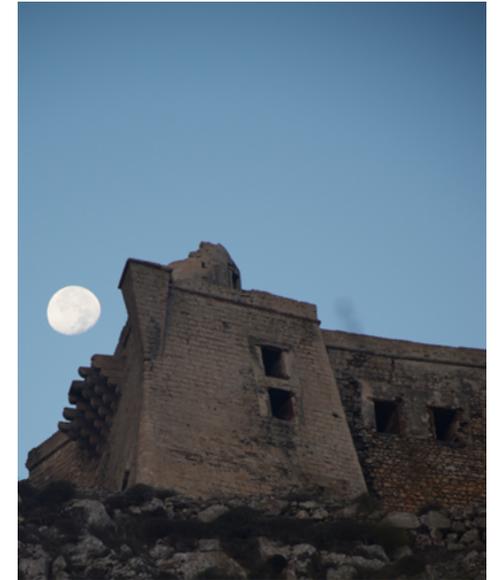
## TRADITIONS AND HISTORICAL SITES

- The 'Former Florio Tuna Cannery of Favignana and Formica Islands'
- The 'Giardini dell'Impossibile'
- The Castle of Santa Caterina
- The small village of Punta Lunga

## TIMELESS ATMOSPHERES

In Favignana, you walk, breathe, and live slowly. It is the ideal place to unplug, reconnect with nature, and return to what truly matters.

Favignana is a place suspended in time, where nature still holds all its primal power. It is the island of light, silence, and pure colors.





IMAGES THAT TELL A STORY

# SOME PLACES CAN'T BE DESCRIBED — THEY SHOULD BE FELT

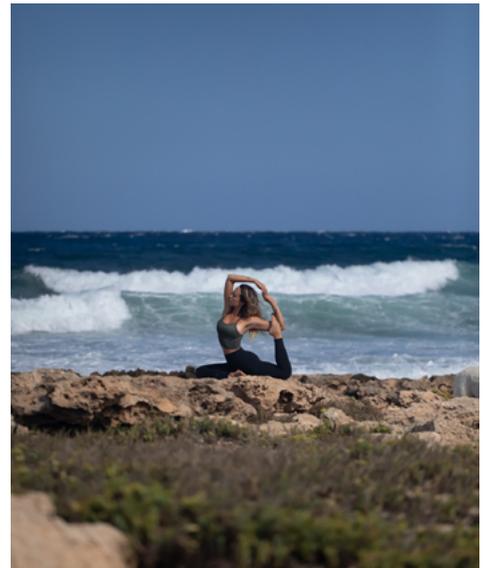
Some places can't be described — they should be felt.

In this collection of images, you'll sense the soul of Favignana, the harmony of our Dimore, the care in our cuisine, the magic of the practice spaces, and the deep connection with nature.

Each shot is a glimpse of real life during our retreats.

An invitation to picture yourself here, with your group, creating something truly unique.









## CONTACTS & USEFUL LINKS

Retreat Support:

**GIULIA TAGLIAVIA**

**T. +39 339 1291698**

**EMAIL giuliatglv@gmail.com**

Travel Contacts:

**HYDROFOIL** (Liberty Lines) >> **LINK**

**FERRY** (Siremar Caronte & Tourist) >> **LINK**

**BUS** (Segesta bus lines) >> **LINK**

Service from Palermo Airport to Trapani Port, both ways.

**PRIVATE TRANSFER** (Bruno Coccozza) >> **T. +39 366 9412392**  
from/to Palermo and Trapani airports

**TRANSFER IN FAVIGNANA** (Speedy taxi) >> **T. +39 348 5860676**



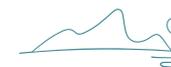
TERRE DEL FAVONIO

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DIMORA DELL'OLIVASTRO

*favignana*



DIMORA CALA DEL POZZO

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CIBO CHIACCHIERE VINO

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