

SEPTEMBER 2025

PUGLIA

SOULFUL RETREAT

Allow the beauty of Puglia inspire you. From morning yoga classes and wholesome workshops led by Danielle Barker to soulful, mouthwatering local cuisine, savouring a sunset aperitif in the vineyards to picnic under the shade of the olive trees, this retreat hosted by Lucrezia Worthington is your ultimate mix of creativity, mindfulness and living slowly.

Appreciate life's simple pleasures of beautiful company in an enchanting backdrop. Set in Masseria Montenapoleone, it's the perfect blend of sea and countryside. You'll lay by the swimming pool, explore nearby villages and create unforgettable memories (and content) under the golden sun.

Join us from 12th - 16th September for five days of ultimate bliss amidst the serene Apulian setting. We invite you to take this time to unwind and connect with likeminded individuals through soulful yoga, food-filled tablescapes, sunsets and vineyard aperitifs.

What are we DOING

- Daily yoga classes with Danielle Barker
- Self love workshop with Danielle Barker
- Reflection workshop with Danielle Barker
- Sunset aperitif in the vineyards of Masseria Montenapoleone
- Picnic under the olive trees
- Daily Breakfasts, lunches & dinners, celebrating the region's culinary excellence and local farm-to-table produce.
- An Apulian cooking class, where you'll learn to craft authentic local dishes and enjoy your creations for lunch.
- Day trip to the village of Ostuni + local dinner

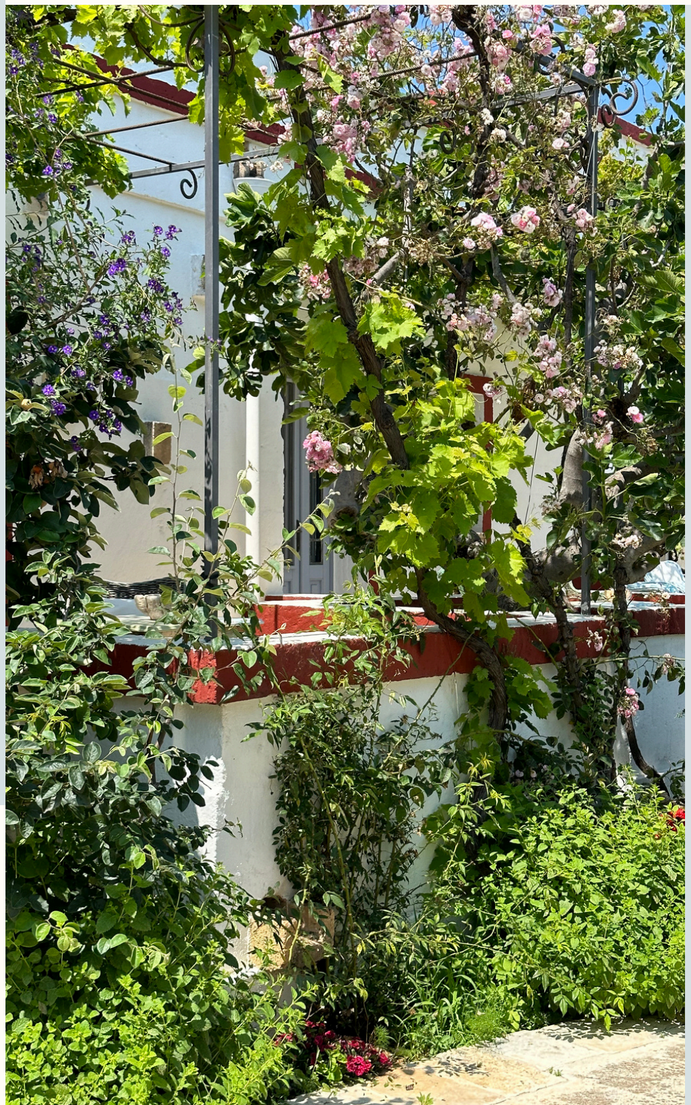


Get ready to unleash your creativity, taste some INCREDIBLE Apulian food and make meaningful connections with likeminded humans.





The rooms are all meticulously designed with repurposed furnishings If you can, i suggest waking up at sunrise at least once - the melody of the birds is so soothing.



The LOCATION

Masseria Montenapoleone is a dream of a place; an ancient farmhouse set in the rustic countryside of the Itria Valley. A glimpse out towards the sea, but at the property, a fragrant, colourful and soulful atmosphere where you walk through an enchanted garden.
Alessandra and Giuliano, the hosts, are adorable - and have created a little corner of heaven in southern region.

SEPTEMBER 2025

PUGLIA

- Morning Yoga: Flow with our favourite yogi: Danielle Barker
- Cooking Class & Lunch: Learn the art of Apulian cooking with fresh local ingredients.
- Lunch at the Masseria (x1) Enjoy homemade traditional dishes made by Masseria Montenapoleone.
- Experiential Dinners (x1) Immerse yourself in the flavors of Puglia with a carefully curated dining experience in the vineyards.
- Dinner at the Villa (x2) Enjoy homemade traditional dishes made by Masseria Montenapoleone.
- Picnic Lunch in the Garden (x1) Relax in the olive grove, surrounded by nature, while enjoying a delightful picnic with fresh, seasonal treats.



What is INCLUDED

- Workshops (x2): self-discovery and reflection workshop with Danielle Barker.
- Day trip to Ostuni
- Content creation: Join Lucrezia in capturing beautiful content for your social media.

The PROGRAMME

Day 1 - September 12th

Arrival: Welcome to Masseria Montenapoleone, your apulian retreat! Make yourself at home, explore the estate, and savor the beauty of Puglia.

Getting to know Masseria Montenapoleone: Settle into your stunning home and unwind with its serene ambiance.

Welcome Dinner : Enjoy a taste of Italy with fresh, local flavours together with your new friends — whom you'll get to know even better with a game designed to spark meaningful conversations.

The PROGRAMME

Day 2 - September 13th

Morning: Start your first morning with a 30-minute morning meditation followed by a yoga session.

Cooking Class (& Lunch): Let's whip up culinary magic with fresh, local flavors. Ready to cook, taste, and experience the true essence of Apulian culture?

Evening Yoga: Wind down the day with a yoga session led by Danielle.

Aperitivo in the Vineyard: Embrace the moment at your own pace, unwind, and enjoy the art of slow living at the property.

Dinner: Indulge in Puglia's finest flavours under the stars.

The PROGRAMME

Day 3 - September 14th

Morning: Vineyasa yoga class with Danielle followed by a delicious brekkie

Picnic Lunch: Relax amidst the beauty of nature, enjoying fresh local treats and the peaceful surroundings with your picnic basket.

Afternoon Leasure: Whether you're swimming in the pool or having an optional massage, this time is yours and make the most it.

Dinner: Let's take a trip to Ostuni and enjoy dinner at a local trattoria

The PROGRAMME

Day 4 - September 15th

Morning: After brekkie, join Danielle for a 90 minute self-love workshop

Lunch: A wonderfully authentic lunch awaits you at the hotel.

Afternoon: Whether you're swimming in the pool at the villa or exploring the charm of the neighbouring towns, this time is yours and make the most it.

Experiential Dinner: Indulge the flavors of the Domaine one last time.. but this time surrounded by nothing but mother nature. Enjoy the ultimate slow-life table scape with your new friends, and reflect on your memories made this week.

The PROGRAMME

Day 5 - September 16th

Breakfast: Enjoy your final breakfast in the heart of Puglia, soaking in the morning beauty before your departure.

Reflection workshop: Danielle will lead a final yoga session and reflect on your wonderful days together.

Departure: As your trip comes to an end, we hope you've made unforgettable memories and experienced the very best of your journey. Safe travels home, and we look forward to welcoming you on your next adventure!

WHAT IS INCLUDED?

Accommodation - Shared Room at Masseria Montenapoleone
All Meals Listed in the Itinerary
All Activities Listed in the Itinerary
Alcohol Outlined in the Itinerary
Content Creation Services

EXTRAS:

Flights & Transport to the Villa
Extra Alcohol
Any Activities Not Listed in the Itinerary

SEPTEMBER 2025

PUGLIA

Our STORY



Danielle Barker

Yoga Teacher

Lucrezia is a Travel Journalist and Content Creator with a strong desire so imbue a slow living concept, taking time to truly soak up the present moment and embrace simple pleasures through mindful practices. She gravitates towards searching for those memorable places that win her heart through food and wine. She is a yogi at heart, has a soft spot for Bali and feels truly herself when she's in the countryside or under the roaring sunrise and sunset.

Lucrezia Worthington

Host



LITTLE BLUE DOOR

ELEVATED TRAVEL

Little Blue Door

Organiser