

Il Risveglio Retreat Center

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About us



CENTRO IL RISVEGLIO

Hi, we are David & Irene and we welcome you to our Retreat Centre "Il Risveglio".











We would like to present you the main characteristics of the Centre and the proposal we offer;

"Il Risveglio" is a Centre dedicated to all teachers who are looking for a space for exclusive use to offer holistic, art and music retreats. The structure is a farmhouse from the early 1900s completely immersed in the pristine nature of Maremma in Tuscany.

The Center boasts a beautiful view of the hills and its borders are delimited by the wood; In the 40 hectares surrounding the structure, it is possible to take walks of varying lengths, enjoying nature and silence.

People staying at our structure are considered guests and not customers and since we live within the complex, the atmosphere is welcoming and familiar and the environment warm and cared for.

Main features

-  Exclusive rental and hospitality
-  View and landscape of the Maremma's hills
-  Numerous outdoor spaces dedicated to practices
-  70 sqm yoga room that accommodates up to 20 people
-  40 hectares between wood and hills with numerous trails to follow
-  Large internal common room with a fireplace
-  External patio equipped for outdoor dining during the warm season
-  Organic and vegetarian meals at Km 0
-  Pool
-  Retreats and events sharing on our social accounts



Yoga and outdoor spaces:



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We have a 70 sqm yoga hall, accomodating up to 20 people, equipped with pillows, mats and blankets, speaker for music, whiteboard.

(The material in the yoga room cannot be used outside).

Outside, you will find practice spaces, either on the lawn in the shade of oak and holm oak trees or in the middle of the olive grove and a tiled area.



Outdoor spaces:

Within the 40 hectares of pristine landscape the Centre, it is possible to follow the numerous trails that we have traced, enjoying long walks immersed in silence and nature, far from the chaos of the city.

During the summer season you can eat meals under a pergola, since in Maremma, and particularly where we are located, the wind mitigates the summer heat, making this a pleasant moment.

A swimming pool is available from mid-May to the end of September.



The pool



Our olive grove



Lawn in front of the structure



The local fauna

Prices and room layout



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The following prices per person per night include:

- Overnight stay with full board formula
- Free teacher's stay, over 10 people
- 2 fruit Breaks
- Use of the swimming pool
- Use of the yoga room
- Free wi-fi
- Bed linen and towels
- a bar of hand and body soap from our natural cosmetic line

What is not included:

- Transfer to and from the Centre
- Tourist tax (1 euro per person per day)
- Holistic treatments
- Excursions
- Massage couch rental at a cost of 8 euros per hour

If you choose the “brunch option” the cost is 5 euros less per person per day.

[Watch the videos with an aerial overview of the structure and its surroundings.](#)

[See the photo gallery.](#)

	DESCRIPTION	BATH	PRICE DOUBLE ROOM	PRICE DOUBLE USE SINGLE
ROOMS GROUND FLOOR				
CALENDULA	Double bed	bathroom next to the bedroom (Personal use)	90 euro	110 euro
FIORDALISO	2 single beds	bathroom next to the bedroom (Personal use)	90 euro	110 euro
MALVA	2 single beds	En-suite bathroom	90 euro	110 euro
LAVANDA	2 single beds	En-suite bathroom	90 euro	110 euro
BIANCOSPINO	2 single beds	Shared bathroom with Alloro	90 euro (85 euro if shared bathroom)	110 euro (105 euro if shared bathroom)
ALLORO	2 single beds	Shared bathroom with Biancospino	90 euro (85 euro if shared bathroom)	110 euro (105 euro if shared bathroom)
ROOMS FIRST FLOOR				
ELICRISO	2 single beds	Shared bathroom with Altea	90 euro (85 euro if shared bathroom)	110 euro (105 euro if shared bathroom)
ALTEA	2 single beds	Shared bathroom with Elicriso	90 euro (85 euro if shared bathroom)	110 euro (105 euro if shared bathroom)
ACHILLEA	2 single beds	En-suite bathroom	90 euro	110 euro
DETACHED LITTLE HOUSE	2 single beds	En-suite bathroom	90 euro	110 euro



Menu and meal times



CENTRO IL RISVEGLIO

The meals we offer are based on organic, seasonal and local ingredients.

We always use fresh fruit and vegetables, freshly ground einkorn flour and wholemeal flours in general.

We cook traditional Tuscan and Maremman food.

The menu is fixed and buffet-style, offering balanced and varied dishes in order to be in tune with practices while avoiding excesses of gluten and sugar.

Upon request, you can choose the "brunch option" that offers sweet and savory dishes.

If you would like changes due to allergies, intolerances or vegan options, we ask you to inform us in advance so that we can organize ourselves.



Meal times:

8.30am breakfast

12.30pm lunch

7.30pm dinner

Meal times can be adapted to your needs.



Information about your stay



CENTRO IL RISVEGLIO

We have 9 rooms and an independent house, the minimum number of guests is 8 people (in high season a minimum number of 10 people may be required).

Above 10 people, the teacher's stay is free.

The linen is changed once a week. However, if you require additional cleaning, we can provide a cost for this.

A hairdryer is available upon request.

Arrivals and departures

Check-in is from 4.00 pm Check-out is scheduled by 2.30 pm (after lunch); the rooms must be vacated by 10.00 am.

In case you arrive by train, a taxi service can take you to the Centre "Il Risveglio" (TAXI GROSSETO – Phone number: 0564 1833).

In case you need a shuttle service from/to the airport we can recommend you a local bus company which we suggest you to call/write once you are sure of the time of departure and arrival. (We are not responsible for the company services).

Things that we can do for you and your group:



Take away meal for your day out of the Centre



A meal in the olive groves: we give you take away food and you choose the place that you mostly like in our olive grove.



Our Extra Offers:

We produce organic olive oil and a natural, organic cosmetic line called 'Maremma Officinalis' which, as its name suggests, is prepared using fine raw materials from the local area at km 0. Irene provides skin consultations, holistic massages and in-house workshops.

Below you will find the activities and services we offer:

-Workshop: "Cosmetics that nourish". A meeting on sustainability, knowledge of cosmetic ingredients, natural skin care with a focus on your real needs. FOR FREE

-Holistic facial massage: duration 40-50 minutes depending on the treatments. Fee payable in loco, booking in advance or in loco.

-Healing nature: a silent walk through the beauty of our property collecting edible spontaneous plants for the meal and some natural material for a creative group lab.

Availability on March, April, May, September and October.

Duration 1 ½ hours. Subject to prior booking (one week before the retreat or in loco at the beginning of the retreat). Fee payable in loco.

-The ritual: group session with facial self-massage and natural beauty ritual for a radiant skin.

Duration 1 hour including a 15 ml sample of "Tramonto di Maremma" facial massage oil. Subject to prior booking (at least 15 days in advance). Fee payable in loco.

-Formulator for a day: a special group lab in which you will discover natural beauty secrets and make some DIY beauty potions. Subject to prior booking, Fee payable in loco.

-Skin consultation: identification of the skin type, setting up of a correct routine and personalised suggestions. Fee payable in loco.

Other Services and collabs:

-Holistic Massages and bath sounds*

-Guided tours and excursions in nature and in the city by a professional local guide.*

***Both subject to prior booking and availabilities.**



How to reach us

We are located 12 km far from Grosseto on Provincial Road 159 (Scansanese) n. 98/99 - Scansano, Località Preselle (you can find us at km 60/1) The Center is located just 30 km from the sea and numerous places of interest. ([Find us on Maps](#))

BY CAR:

From Florence: exit the motorway at "Firenze Impruneta", follow signs for "Siena/Grosseto", exit at Grosseto est, follow the signs for "Scansano", take the SP 159 (Scansanese) up to Km 60/1. You can find us on the right side at number 98.

From Rome: exit at Grosseto sud, follow the signs for "Scansano", once on the SP 159 (Scansanese) drive until km 60/1. You can find us on the right side at number 98.

BY PLANE:

The nearest airports are in Pisa (1:30 hours far away), Rome (2 hours far) and Florence (2 hours far),

Pisa airport: you can take the shuttle service to the train station and from there take the direct train to Grosseto.

Rome Fiumicino airport: you can take the train to the central train station and from there take the direct train to Grosseto.

Florence airport: you can take the shuttle service to the train/bus station and from there take the direct bus to Grosseto.

Places of interest nearby:



Saturnia natural hot pool 40 km far



Castiglione della Pescaia with sea, medieval village and castle 40 km far



Maremma Regional Park and beaches 30 km far

Reservations and cancellation policy

The amount of the deposit and the payment dates are defined at the time of booking considering both the days of stay and the number of participants.

The remaining balance is due 30 days prior to the arrival date.

Amount is intended to be net of transactional fees.

Owner information:

Bank: Credit Agricole

Header: Agriturismo il Risveglio

IBAN: IT65A0623014300000040538782

BIC/SWIFT:CRPPIT2P171

IMPORTANT - in the reason please indicate: CAPARRA for stay from - to Name and Surname

Please, forward the receipt of the bank transfer via email: retreatilrisveglio@gmail.com with the billing data (name - surname - tax code/VAT number - residence)

Cancellation Policy:

Payment made by the group leader: If the group does not stay, deposits are non-returnable. The deposit paid can only be returned if the same dates are booked by another group.

Payment made by the participant: In case of non-stay of a single participant, deposit is non-returnable: (30% at the moment of the reservation, - balance 30 days prior to the stay). The fee is not due if the same dates are booked by another participant. If deposit is refund, the transaction cost will be charge to the partecipant who cancels the reservation.

For further information do not hesitate to contact us, we will be happy to answer you.

We are waiting for you!

