

Back to Roots – Europe’s most playful movement and meditation retreat

The retreat starts at 5pm Thursday 13th April and finishes at 5pm on Monday 17th April.

The experience of retreats enters a new level with this spectacular fusion of yoga, meditation and play for a true mind-body adventure supported by the latest scientific evidence.

Join four clinicians on an exploration of your movement potential to recharge both physically and mentally on the shores of Lake Maggoire in the palazzo and grounds of Villa Frua, surrounded by cedar trees. A unique movement and technology break.

The early bird rate of GBP 550 includes ALL classes with all 4 movement teachers and ALL meals, water and refreshments:

- 4 breakfasts
- 4 lunches
- 4 meals in beautiful local restaurants
- Snacks
- Unlimited water and teas

Locally sourced ingredients, the meals will be nourishing and in abundant portions. We promise to deliver a unique program full of bio psycho social classes which

any level of ability can participate in. No need for fancy sports clothes, just show up as you are, ready to let go of any ideas of what you think you can or can't do.

The Villa is 5 minutes walk from the station Nearby are plenty of hotels/air b n b options to suit all budgets. We can help you with your bookings. Fifty minutes by train from Milan Malpensa airport to Stresa. For bookings and queries contact: playfulretreats@gmail.com

All classes are optional. There are plenty of places in the villa to relax, the town is a short walk away.

Chiropractic and massage treatments are available upon request during the retreat.

You'll leave rejuvenated, relaxed and grateful that you came, with a whole new set of skills.

The Program

Thursday 13 April

Arrive at Villa Frua

Have a cup of tea, say hello and join together.

5.15pm Movement Class

This class is the ultimate ice breaker. Everyone will be warmly welcomed and get the perfect opportunity to

connect through movement improvisation games in the garden.

7.30pm Informal supper in Stresa as we watch the sunset.

Friday

8.05 am A gentle wake up yoga class

Naomi and May

Yoga back to front. Starting with a deep relaxation to encourage the body to connect with the breath through the power of deep long exhalations. Slowly working to cultivate an energising breath as we transition through a flow of gentle postures to open the joints and say hello to our muscles. Moving through a series of yoga poses to invigorate the body with both dynamic stretches and peaceful balances framed around a sun salutation structure.

9.30am Breakfast, hearty selection of breakfast styles fit for kings and queens

11am Drop it like it's Squat

Luke and May

The squat is an ancient primitive rest pattern that is not

so much a position but a transitional part of many movement flows. Luke and May will explore the extraordinary potential of the squat movement and how this can link into limitless movement flows. We will also discuss scientific research behind the importance of the squat pattern. You'll never look at the squat the same way again!

1 pm Picnic lunch in the garden with an abundant local organic rustic selection of regional foods.

2.30pm Play fighting

Paul and Luke

Inspired by the likes of Tom Weksler, Ido Portal, Fighting monkey and Tomislav English, you will explore a variety of combat movement games and drills. Don't panic, these are all friendly and playful in nature but all with the aim of creating more movement versatility and ability to react to unpredictable environments. Due to the psychological strategies and mind games involved combined with the social teamwork required to make these games function, combined with the movement itself, this creates a biopsychosocial physical activity that stands alone as a fantastic health intervention to explore.

5.30pm Friday Candlelit Restorative Yoga Class

May and Naomi

Supported and passive yoga postures allow the body to naturally release, letting go of held tension as we stretch, lengthen and twist. A deep guided meditation and yoga nidra to allow relax after an active day to bring a balanced state of being from inside out.

7.30pm Supper in Villa Frua

Saturday

8.05 am Afrika Yoga class

Naomi and May

A gentle stretch to open your hips, and let go of the built up tightness and tension. Gently using fluid movement from the Afrika Yoga. Structured sun salutations to ensure solid alignment. Incorporating balances before surrendering into deep seated stretches. Yoga nidra and relaxation..

9.30am Breakfast in the villa

11am The Art of Falling

Luke

In order to really be creative with movement, one must accept that in order to progress we must accept losing

balance and falling is a certainty. Losing the fear of falling, and understanding the skill of falling and rolling will make all movement progressions much easier to develop. This class is full of losing balance and mistakes, but skilfully done on purpose!

1pm Buffet lunch in the garden

3pm Wild play

Paul and Luke

Being creative in movement is much more challenging for the brain than repetitive tasks. Having a team to play with offers the unpredictability of other peoples reactions to gain a constantly unique and genuine novel stimulus to excite the brain and body. We will show you how to use your environment to have lots of fun, play and create challenging exercise making the gym membership obsolete.

5.30pm Upside down yoga class

May and Naomi

Using the calming effects of inversions to relax as we let the blood drain to the head. Using props to stretch our limbs deeply we bring the day into a gentle meditation to connect with our mind and lie propped up by cushions and pillows into a soft savasana.

7.30pm Supper in Stresa in a local restaurant overlooking the lake.

Sunday

Lie in (for those that have the energy there will be an early morning Playful run led by Paul, how much fun can you have on a run?)

9am Dynamic Flow Yoga Class

May and Naomi

A strengthening yoga class incorporating warrior poses into slow sun salutations..

10am Breakfast

12pm Animove Class

May, Paul and Luke

The human body has got the greatest variation of movement potential of any animal on Earth. We can't run as fast or climb as well as many animals but we can replicate all animal movements bar none. This class explores Movement variation in the form of low locomotive sequences, animal replication drills and quite simply this is an explorative playful session into what it

really means to be a human mover.

1.30pm Lunch

4pm Acrobatics class

Flips, cartwheels, handstands and somersaults. Each movement will be broken down to a level that any beginner can attempt safely and with experienced spotters. Challenge new dynamic possibilities that you would be too fearful to attempt on your own.

6.30pm Restorative relaxation class

Naomi and May

A gentle time to stretch followed by a deep 30 minute guided meditation where we use cushions, blankets and aromas to take you into a deep place inside your mind truly letting go and letting our monkey mind rest.

8pm Dinner in Stresa

Monday

8.30am Classic Sun Salutation A and B Yoga Class

May and Naomi

A slow ashtanga sun salutation sequence to stretch out

the hamstrings to leave us feeling lighter and taller. Core strengthening as we use lower poses to deepen our breath connection.

10am Breakfast

12pm Rough Housing Play

Paul and Luke

The smartest animals play the most. It's coming knowledge that dogs and dolphins play more than reptiles or animals lower down the evolutionary chain. Rough housing contact play is how animals and us humans learn to react, challenge our bodies and find both ours and our opponents boundaries. A key evolutionary survival skill will be expanded in this wonderful class of contact and challenge.

Lunch

3.30pm Movement Finale Extravaganza

Introducing flow themes bringing together pieces of all previous classes, using your new improvisational ability.

A little bit about us:

Paul McCambridge has been in the health and fitness industry for 18 years - as a Chiropractor , Personal trainer and a Physiologist within private hospitals throughout the UK. Paul has been a guest presenter for Wild Fitness, the world congress of chiropractic student (WCCS) and Google where he discusses a scientific argument for "Play" being one of the healthiest interventions a human can regularly do. Paul's passion for getting people moving has led to the creation of several online health and fitness programs and currently he has a role as Director of health and fitness for one of the largest online fitness companies in the U.K.

Luke has a background firmly rooted in elite sport where he played international rugby. Luke combines his traditional strength and conditioning heritage with gymnastics, parkour, martial arts, flow and even dance to create his unique brand; “Luke R Davies; Chiropractor, Fitness, Play” in 2016 specializing in pain, movement and rehabilitation. Luke has a very strong evidence based methodology. He achieved a first class (honors) in Sport and Exercise Science in 2010 and a Master of Chiropractic in 2015. Luke worked in central London after graduating with an emphasis on stress management before returning to Wales to start his innovative brand of preventative health.

May Pansungnoen is a Yoga practitioner, and a stretch and massage therapist. She is well known for her sense of humour and incredible ability to let people feel at ease. Originally from Thailand, May has travelled all over attending many courses from countless influential movement teachers. Recently, May has been involved in the design of an online yoga program for people suffering from chronic low back pain. May's an emerging superstar in the yoga world.

Naomi Swain has been yoga practitioner since she was a teenager, and at ballet and swimming classes before she even walked. She studied yoga in South Africa, Sri Lanka, India, the UK and the USA and is currently a student of chiropractic. Previously she has led yoga programs in South Sudan, Uganda, DRC, Mexico, Zambia, Tanzania , Mozambique and the UK. Naomi loves sharing yoga with beginners.