

The background of the entire page is a photograph of a rustic brick wall. On the left, a black lantern-style light fixture is mounted on the wall. Above it, a black metal sculpture resembling a stylized bird or insect is mounted. To the left of the bench, a small tree in a terracotta pot stands on a saucer. In the center, a white metal bench with a floral-patterned cushion is positioned against the wall. To the right, a portion of a window with a white frame and black wrought-iron bars is visible. The text is overlaid on the upper right and center of the image.

Country House
Montessino
Art • Relaxation • Wellness

Retreat Information Guide

Cascine Montessino, Ottiglio, Piemont, Italien



Welcome to Montessino!

Your guide to organising an unforgettable retreat

We're delighted to support you in organising your retreat and to share this guide with you. It's been designed to help you plan every detail with ease.

On these pages, you'll find all the useful information about your stay, the yoga areas, the services included and the experiences we can offer you – so that you can focus on what really matters: giving your participants an authentic, relaxing and unforgettable experience.

Of course, we're always happy to help with any questions, specific enquiries or special requests. We look forward to working with you to tailor your retreat to your individual needs.

We can't wait to welcome you to Country House Montessino and share unforgettable days of yoga, wellbeing, nature and genuine Italian hospitality with you.

Wir freuen uns sehr, dich bei der Organisation deines Retreats zu begleiten und diesen Leitfaden mit dir zu teilen. Er wurde entwickelt, um dir bei der entspannten Planung jedes Details zu helfen.

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Accommodation

- ✓ Welcome drink and orientation briefing on arrival
- ✓ Accommodation in our elegant double rooms with en-suite bathrooms
- ✓ **Exclusivity:** The entire Country House Montessino is reserved exclusively for your group – ensuring complete privacy and an intimate atmosphere.
- ✓ Room cleaning every two days
- ✓ Personalised service throughout your stay
- ✓ Free Wi-Fi
- ✓ Free private parking
- ✓ Large garden with a **panoramic saltwater pool** and **separate hot tub**, offering breathtaking views of the Monferrato hills
- ✓ Wellness area with complimentary access to the **yoga shala** and well-equipped **gym**. **Private sauna** and **massage studio** (for a fee).
- ✓ Outdoor Zen Island
- ✓ The works of the internationally renowned expressionist Alessandro Cardamone enrich every room, creating a unique blend of contemporary art and historic charm

Rooms

The main house has **6 double rooms**:

- ✓ 5 Twin rooms with two single beds
- ✓ 1 double room with one 160 cm double bed (cannot be separated into two single beds).
- ✓ NO single rooms
- ✓ The two largest rooms (*Malvasia* and *Barolo*) can comfortably accommodate a third bed.
- ✓ All rooms have an en-suite bathroom with walk-in shower, air conditioning, heating, a flat-screen TV, a kettle with a selection of organic herbal teas, free Wi-Fi, fly screens, a hairdryer and toiletries from *ANTOS natural cosmetics*.

Dependance (opposite the main house)

Available seasonally for larger groups. The annexe offers 1 double room, 1 twin room and a bathroom. It is designed as a self-contained holiday home; therefore, the two rooms share a bathroom. Ideal for teams of staff.

Capacity

- ✓ Main house: up to 14 guests
- ✓ Dependance: up to 4 guests
- ✓ Total capacity: up to 18 guests

Wellness

Free access to the large garden, **the panoramic saltwater pool**, the **outdoor hot tub** with breathtaking views of the Monferrato hills, as well as the **yoga shalas**, the **gym** and **Zen Island**. For a fee, **private sauna** and a massage studio offering relaxing **massages** are also available in the former riding stables.

Check-in / Check-out

- ✓ Check-in from 2:00 pm onwards
- ✓ Check-out by 11:00 am. **Rooms must be vacated by 10:00 am**. Guests are welcome to enjoy breakfast afterwards before departing.

Available free of charge all day

- ✓ Infused water
- ✓ Mineral water
- ✓ Selection of fresh fruit
- ✓ Tea and coffee

Our Yoga Shalas and Zen Island

Yoga Shala in the former riding stables, 45 m²

- ✓ Air conditioning
- ✓ Heating
- ✓ Wooden flooring
- ✓ Suitable for up to 14 participants



Yoga Shala in the former hayloft, 80m²

- ✓ on the 1st floor of the main house
- ✓ Wood-effect tiles
- ✓ Natural ventilation. Currently not heated.
- ✓ Suitable for up to 24 yoga participants



Zen Island, 50 m²

- ✓ Outdoor space with wooden flooring
- ✓ Detached with magnificent views of both sunrise and sunset
- ✓ Suitable for up to 16 yoga participants.



Our Food Philosophy

To create a truly authentic experience, we work with an external chef who specialises in **traditional Italian vegetarian** cuisine.

As we do not have professional catering facilities for special dietary requirements, we cannot guarantee the complete absence of cross-contamination. For this reason, we are **unable to accommodate guests with coeliac disease** and **do not offer vegan menus**. For less complex dietary requirements (e.g. lactose-free or gluten-free), a customised menu can be arranged by prior arrangement for a small surcharge of **€10 per night**.

Important: We ask yoga teachers (organisers) to enquire about this at the time of booking. By paying the deposit, you confirm that you are aware of these requirements.

Morning Snack before the Yoga Class

Before the morning session, we provide biscuits, fresh seasonal fruit, hot water for the tea or herbal tea, and coffee. Lemon wedges and fresh ginger are also available on request.

Montessino Premium Brunch

Later in the morning, you'll enjoy a vegetarian brunch buffet, prepared with fresh ingredients and regional produce: Sourdough bread and croissants, homemade savoury tarts/quiches, freshly prepared eggs, protein-rich salads, cheese platter, yoghurts, Bircher muesli, various cereals, local honey, as well as hazelnut spread, jams, Piedmont hazelnuts, almonds, walnuts, orange juice, fresh seasonal fruit, espresso, cappuccino, latte macchiato, plant-based drinks and a wide selection of teas.

Dinner on the Terrace

In the evening, our chef Paola from the Bubot farm prepares authentic vegetarian dishes from the Piedmontese and Italian traditions. Most dishes are prepared using seasonal vegetables harvested directly from her garden. Dinner consists of a selection of starters and salads from the buffet, a served main course and dessert. Still and sparkling mineral water are included. A selection of wines from the Monferrato region is available (at an extra charge). For longer stays (more than 4 nights), we also organise an evening featuring homemade pizza and fresh salads.

We place great importance on individuality and would like to introduce you to the local culture. For this reason, **one or two dinners** (depending on the length of your retreat) are intentionally **not included in the package price**. Payment is to be made directly at the restaurant/agriturismo. Please organise your own transport there by carpooling.



Breakfast

On the day of your departure **instead of brunch, you'll enjoy a generous breakfast buffet** featuring rye bread and croissants, freshly prepared eggs, a cheese platter, yoghurt, Bircher muesli, cereals, local honey and hazelnut spread, jams, Piedmontese hazelnuts, walnuts and almonds, orange juice, fresh seasonal fruit, espresso, cappuccino, latte macchiato, plant-based drinks and a wide selection of teas.

Not included

- ✓ Wine, beer, aperitifs and soft drinks
- ✓ Relaxing massages (must be booked at least 1 week in advance)
- ✓ Private sauna (€45 / 3 hours) including sauna towel and slippers
- ✓ Pool towel (€4), bathrobe (€6)
- ✓ Transfer to/from airports and railway stations on request

Minimum Number of Participants

Terms and Conditions for Yoga Teacher

- ✓ **At least 8 paying participants** (10 on public holidays).
- ✓ The yoga teacher (1 person) receives free board and lodging in the main house or the dependance **provided there are 10 or more paying participants**. If the number of 10 participants is not reached, the teacher **is also required to pay the standard participation fee**.
- ✓ As Country House Montessino is a boutique retreat with a limited number of rooms, we cannot guarantee a single room for the exclusive use of the teacher(s). However, subject to availability, we would be very happy to provide one.

Terms of Payment

- ✓ **A deposit of 30%** (calculated on the basis of 8 participants) is payable upon booking
- ✓ **The balance must be paid** by bank transfer **no later than 7 days before arrival**
- ✓ **Please note that all rooms for your retreat will only be reserved once the deposit has been received.**

Cancellation Policy

If the minimum number of 8 paying participants has not been reached 74 days before the retreat begins, the retreat will be cancelled and 90% of the deposit will be refunded

General Information

- ✓ Equipment available in the yoga shala at the scuderia:
18 yoga mats, 12 blocks, 16 straps and 12 blankets. Please bring any additional equipment you may require for your retreat.
- ✓ We'd be happy to help you promote your retreat on our website, in our newsletter and on our social media channels free of charge. Please let us know if you'd prefer us not to.

Getting here

Montessino is situated in a hamlet in the Monferrato hills. We recommend travelling by car or organising car-sharing arrangements amongst the participants.

If travelling by train, the most convenient station is Vercelli, which is connected to the Milan–Turin line. For taxi services, transfers and airport pick-ups, please contact Bruno at Mortara Viaggi directly:

- E-Mail: mortaraviaggi@libero.it
- Phone & WhatsApp: +39 333 271 6293

We look forward to welcoming you to Montessino!

We look forward to helping you organise your retreat and working with you to create an authentic experience where yoga, nature, wellbeing and Italian hospitality blend together in perfect harmony.

Please do not hesitate to contact us at any time if you have any questions or specific requests.

