



# *Finding flow* in challenging times



Mindfulness, Yoga and  
Breathwork Retreat

March 17-23, 2024  
La Rosa dei 4 Venti, Puglia

# Dive deep to rise high

## Retreat Philosophy

Join us on a **transformative journey**, where ancient wisdom meets modern science. Reconnect with your inner wisdom as we guide you through a **six-day experience** designed to rejuvenate your mind, body, and spirit, allowing you to refocus on what matters most to you.

Throughout this retreat, we'll delve deep into the realms of mindfulness, drawing from both time-honored traditions and cutting-edge research.

Our mission is to help you find presence, **tranquility**, and a profound connection with your heart. Through a harmonious blend of mental and physical practices, we create a nurturing environment for self-discovery and **personal growth**, allowing you to integrate past experiences and set a clear path towards your future.

Each day is thoughtfully curated to encompass a variety of experiences, including enriching **meditations**, revitalizing **yoga** sessions, transformative **breathwork** and mindful walks through nature's serene landscapes. The delicious food is local, primarily vegetarian, and prepared with much love. While our retreat grounds offer a peaceful sanctuary for introspection, you will also have the opportunity to explore the breathtaking surroundings of Puglia.

Our teachings are rooted in the wisdom of diverse Buddhist schools, such as Vipassana and Mahayana Traditions, as well as classical pranayama and contemporary breathing practices. We integrate mind-body and functional medicine coaching, drawing from over two decades of personal practice. Our approach is further enriched by our extensive professional backgrounds in the business and non-profit sectors, as we aspire to make a positive impact in the world.





# Retreat schedule

Programme starts on Sunday, March 17th  
in the early afternoon.

## Sunday, March 17th, 2024

7h30-8h00	Meditation
8h00-9h30	Yoga & Pranayama 1
11h00-15h30	Brunch and Free time
15h30	Tea and arrival of other guests
17h00-18h45	Formal start of the Retreat
19h00-20h30	Dinner
20h30-21h00	Meditation, Noble silence

## Monday, March 18th - Friday March 22nd, 2024

7h30-8h00	Morning Meditation
8h00-9h30	Yoga & Pranayama
9h30-10h	Coffee Break
10h00-11h00	Introduction of daily topic & meditation
11h-15h30	Brunch & Free Time
15h30-16h30	Mindful movement, Walking, Pranayama
16h30- 17h00	Tea Break
17h00-18h30	Teachings & Meditation
19h00-20h30	Dinner
20h30-21h00	Meditation, Noble silence

## Saturday, March 23rd, 2024

Departure Day

7h30-9h00	Morning Meditation & Yoga
9h00-10h00	Breakfast
10h00	Departure

\*Early Arrival on Saturday evening (no additional cost) or Late arrival on Sunday before 5pm.

Susanne von der Becke, PhD



I believe that we are living in an extraordinary moment in history—a time when traditional systems are no longer serving us and where we are asked to create new ways of working, thinking, and being. My focus lies in integrating the insights from our inner work into positive action for ourselves, the people around us, and this planet.

My teachings combine ancient wisdom with modern scientific insights, complex systems thinking, and real-world illustrations for people who want to create meaningful and positive impact in our rapidly changing world.

I am the founder of [VDB Insights](#) as well as an active Board member and Investor. Additionally, I serve as the Chairwoman of The Klosters Forum, an environmental non-profit organization dedicated to fostering positive change. I am a *Certified Mindfulness Meditation Teacher*, taught by Jack Kornfield and Tara Brach, accredited by the Greater Good Science Center at the University of California at Berkeley, and a *Transformational Breath Coach*. I hold degrees from the London School of Economics, Harvard Business School, and ETH Zurich and have a *Ph.D. in Science*. Moreover, I am currently writing my first book – a mindfulness guide for business leaders who want to change the world right now.

Outside my professional pursuits, I find joy in my role as a spouse and parent to two seven-year-old children. I live in Switzerland, near Zurich, where I love being out in nature with my two dogs.

Constanze Lullies



The centuries-old practices & wisdom of yoga & mindfulness, combined with insights from cutting edge scientific findings on physical and mental health allow me to live from my heart and find more balance, peace and happiness.

In my courses and coaching offers, I work with a holistic approach, integrating body, mind and spirit. I draw on over 20 years of personal practice as well as on my professional trajectory as RYT® 500 certified yoga teacher, certified mindfulness teacher from the *Mindfulness Meditation Teacher Certification Program* (MMTCP), of the Greater Good Science Center with Jack Kornfield and Tara Brach, certified health coach from the *Functional Medicine Coaching Academy*, certified Epigenetik Coach from *Healversity*, as well as on 20 years of experience in the international non-profit sector. I hold a Bachelor of Arts in *Social Anthropology* from the London School of Economics and a Master of Philosophy in *Social Psychology* from the University of Cambridge. I am founding board member of <https://momento.swiss/>.

The most important sources of happiness are my *live in Zen masters* my 10 year old twins, my husband, my wonderful family, inspiring friends and clients as well as the lake and the ocean in my two homes in Switzerland and Italy.

# The Place



The retreat takes place at marvelous La Rosa Dei 4 Venti in Puglia, an ancient 17th century Monastery and "Masseria" (farmhouse), located a short distance from Martina Franca, a town halfway between Adriatic and Ionic Sea.

The beautiful private retreat center includes:

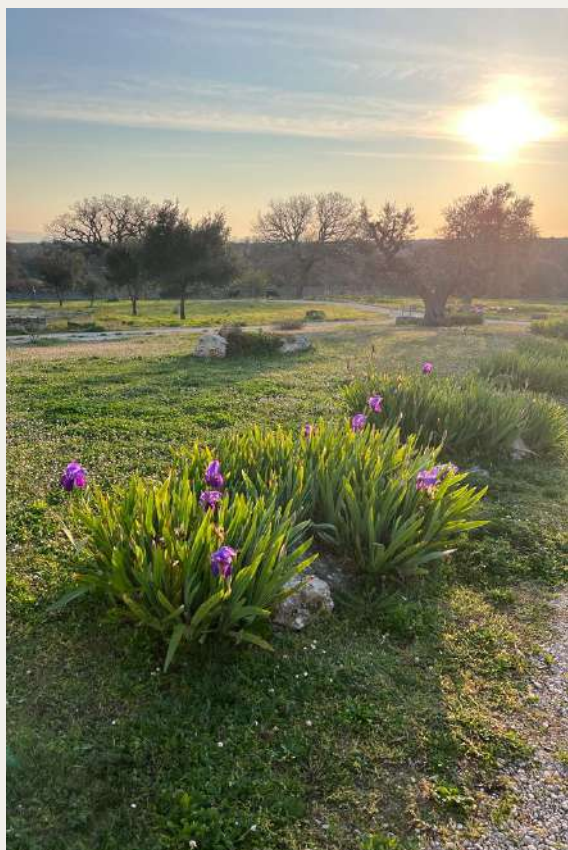
- Manor house with a wide dining patio area
- 10 rooms, double or single use
- Number of participants for this retreat is limited to ca. 12 participants
- Large and bright Yoga Shala
- Wide glass gazebo room overlooking the open garden
- Private forest with a meditational path in the woods
- Swimming pool and various quiet areas to relax and meditate
- Delicious food (brunch and dinner), alkaline vegan, vegetarian and gluten free



# Is this retreat for you?

If you seek a respite from the chaos of daily life, a chance to reconnect with your inner self, and an opportunity to nurture your physical, mental, and spiritual well-being then this retreat may be the perfect fit.

At our retreat, we extend a warm welcome to both novices and seasoned practitioners alike. We specifically encourage those who are willing to delve deep into their inner realms, as significant portions of the retreat will be enveloped in profound and introspective silence.



## How to get there:

### Main Airports/Stations:

Bari Airport (Karol Wojtyła) 1h30min from the Retreat Center. [Directions](#)

Brindisi (Salento Airport) 55min from the Retreat Center. [Directions](#)

Fasano Train Station (there are direct night trains from Milan).

Ground transportation available 24h from/to any destination needed/required.

Please email La Rosa to arrange your transfer at [info@larosadei4venti.org](mailto:info@larosadei4venti.org)

Join us



The retreat center will be used exclusively by our group. There are 5 single and 4 double rooms. The price includes full board 7 nights, including accommodation, brunch, dinner, non-alcoholic beverages, wifi, as well as all yoga and mindfulness instructions. Excluding alcoholic beverages, massage and shuttle.

Single EUR 2'750  
Double EUR 1'950

To reserve your place please pay 50% of the fee.  
The other 50% are due in January 2024.

If you'd like to register please email [s.vonderbecke@vdbinsights.com](mailto:s.vonderbecke@vdbinsights.com)  
or [contact@constanzelullies.com](mailto:contact@constanzelullies.com)

Watch our 2022 Retreat video [here](#).

Space is limited to 15 people. Register now.

