

# Art & Yoga retreat

With Isabelle Weir & Mimi Walter  
At Rignana Estate

April 30<sup>th</sup> to May 4<sup>th</sup> 2026



# About the retreat



# Your instructors



**Isabelle**

Isabelle is an artist who works primarily from life, focusing on landscape painting, portraiture, and still life. She graduated with a degree in art history and went on to train at the Florence Academy of Art where she now teaches as a principal instructor and art history lecturer. Alongside teaching she maintains her own studio practice. Her work is inspired by nature, mythology and a love of storytelling, and is often influenced by music and poetry.



**Mimi**

Mimi is a Registered Nutritionist (MSc Human Nutrition) specialising in longevity science, metabolic health, and personalised nutrition. Her approach draws on current research in healthy ageing, insulin sensitivity, inflammation, gut health, and hormonal regulation, alongside lifestyle practices that support resilience and long-term wellbeing. Mimi is also a 500hr trained yoga instructor with many years experience teaching Asana, breathwork and meditation practice.

# Yoga, Breathwork & Meditation Practice

The yoga, breathwork and meditation practice led by Mimi is designed to support physical vitality and inner calm, forming the foundation of a deeply nourishing retreat experience. Daily sessions (2-3 classes/day) invite participants to slow down, reconnect with their bodies and cultivate a more present, grounded state of mind.

Mimi's teaching combines mindful movement, functional strength, breath-led flow and restorative practices to support mobility, posture and nervous system regulation. Breathwork and meditation are woven throughout, offering practical tools to reduce stress, improve focus and enhance emotional resilience.

The practice is suitable for all levels, with modifications and individual guidance offered throughout. Whether new to yoga or more experienced, participants are supported in moving with awareness and ease, leaving feeling physically nourished, mentally clear and deeply restored.

- **Yoga styles: Vinyasa, Ashtanga, Yin**
- **Yoga mats are included, but feel free to bring your own!**



# Nutrition

The nutrition element of the retreat is designed to support long-term vitality, hormonal balance and sustainable wellbeing, while complementing the creative and movement practices. Led by Mimi, a registered clinical nutritionist with a Master's degree in Human Nutrition, these sessions provide practical, evidence-based tools that can be integrated into everyday life.

Mimi is the founder of her own private practice, specialising in women's health, female hormones and metabolic wellbeing. She also works clinically at the UK's only dedicated metabolic health centre focused on the reversal of prediabetes and metabolic health disorders. Her approach blends scientific insight with intuitive, lifestyle-led practices, making nutrition empowering rather than prescriptive.

Throughout the retreat, participants will enjoy nourishing, seasonal meals inspired by Mediterranean-style eating and Tuscan cuisine. Food is thoughtfully prepared to support energy, metabolic health and hormonal balance, reinforcing the connection between nourishment, pleasure and longevity.

Two dedicated health and nutrition talks are offered during the retreat, covering longevity, metabolic health, female hormones and sustainable weight management. For those seeking personalised support, participants have the opportunity to book a one-to-one nutrition consultation with Mimi following the retreat, offered at a discounted rate exclusive to retreat attendees.



RETREAT

# Landscape painting

The landscape painting element of this 'Art and Yoga retreat' will be led by Isabelle and is designed to gently reconnect participants with their creative instincts while immersing them in the beauty of the Tuscan countryside. Through focused observation and hands-on practice, students will be introduced to the fundamentals of capturing the landscape using oil paints, working directly from life in inspiring natural surroundings.

Teaching is grounded in classical landscape painting techniques, with an emphasis on creating a convincing sense of depth, atmosphere, and perspective. Participants will learn how to approach composition, organise tonal values to establish light and space, and use colour thoughtfully to convey mood and atmospheric perspective. By slowing down and working attentively in nature, students are encouraged to develop both technical skills and a deeper visual sensitivity to the landscape around them.

Instruction will include a combination of practical demonstrations and individual one-to-one guidance tailored to each participant's experience level. Over the course of the retreat, students will complete up to two finished landscape paintings alongside a couple of smaller studies. The course is taught in English and is open to all levels, whether you are completely new to painting or looking to deepen an existing practice



# Materials

**NB: portable easels are provided on the retreat**

## Tools & Mediums

Palette knife

Palette (30 × 40cm)

Oil cups for palette (single)

Linseed oil

Tintoretto Bristle Filbert brushes (n° 2, 4, 6, 8, 10)

Masking tape

## Oil paints (35-40ml)

Warm White (Michael Harding)

Yellow Ochre (Michael Harding)

Burnt Sienna (Zecchi)

Raw Umber (Michael Harding)

Cadmium Yellow Medium (Zecchi)

Cadmium Orange (Zecchi)

Cadmium Red Light (Zecchi)

Alizarin Crimson (Zecchi)

Ultramarine Blue (Zecchi)

Cerulean Blue (Zecchi)

Phthalo Green (Rembrandt)

## Panels

2 × true gesso-primed panels (20 × 30cm)

3 x true gesso -primed panels (15 x 20cm)



## Not included but recommended to bring

Apron

Sketchbook/ pencils

Head torch/ small clip on reading lamp for painting

a nocturne

Sun hat

Sun cream

Your favourite mosquito repellent

# Materials information

**In addition to the tuition fee of €400 there is a €250 materials fee that will cover all necessary materials for the retreat that will be provided on your arrival at Rignano.**

**If you would prefer to bring your own materials instead then please use the list shown here as a guide for what to pack.**

**NB:** materials are absolutely **necessary** if you would like to partake in the practical part of the painting classes.

If you are bringing your own materials and need to supplement anything on your way through Florence you can find good value high quality materials at:

**Zecchi Colori Belle Arti**

**Via dello studio 19**

**50122**

**Firenze**

If you have any questions regarding materials please feel free to ask!

# Retreat Timetable

## Thursday 30th

**16:00** Check in & estate tour

**19:00** Welcome dinner at Rignana

**20:30** Evening Yoga Flow & Relaxation

## Friday 1st

**7:30–8:30** Sunrise yoga & Breath work

**8:30 – 9:30** Mediterranean Breakfast

**10:00–13:00** Landscape painting introduction (tea break at **11:00**)

**13:00–14:00** Lunch

**14:00 – 15:00** Free Time

**15:00 – 16:30** Yoga Practice (Ashtanga)

**16:30 – 17:15** Sunset painting study

**18:30** Aperitivo

**19:00** Dinner

**20:30** Evening meditation

## Saturday 2nd

**7:30–8:30** Sunrise yoga & Breath work

**8:30 – 9:30** Mediterranean Breakfast

**10:00–13:00** Landscape painting (tea break at **11:00**)

**13:00–14:00** Pizza making by the pool

**14:00 – 15:00** Free Time

**15:00 – 16:30** Yoga Practice (Ashtanga)

**17:00 –18:00** Nutrition talk – Longevity

**18:30** Aperitivo

**19:00** Dinner

**20:30** Make your own skin care workshop

## Sunday 3rd

**7:30–8:30** Sunrise yoga & Breath work

**8:30 – 9:30** Mediterranean Breakfast

**10:00–13:00** Landscape painting (tea break at **11:00**)

**13:00–14:00** Pizza making by the pool

**14:00 – 15:00** Free Time

**15:00 – 16:30** Yoga Practice (Ashtanga)

**17:00 –18:00** Nutrition talk – Hormones/Gut health

**18:30** Aperitivo

**19:00** Dinner

**20:00** Nocturne painting & Cocoa

## Monday 4th

**07:30–08:30** Morning Yoga Flow

**08:30–09:30** Mediterranean Breakfast

**09:30–10:00** Pack up paintings

**10:00** Check out

# Accommodation



THE ESTATE

# In the Heart of Tuscany

We would be delighted to welcome you to our home, an 150-acre estate surrounded by vineyards and olive groves, where alpacas and horses graze freely. Our retreats are an immersive experience where you can cultivate your creativity with like minded people, connect with the natural world and taste the flavours of Tuscany through our farm-to-table meals paired with wine from our vineyards.



# A Sanctuary for Artists

Develop your technique in our Renaissance Church and amongst the Tuscan Countryside.





## FACILITIES

# Tennis Court

An astroturf tennis court with a view, providing the perfect opportunity for both recreational and competitive play. Sit on the stone wall and watch a tennis tournament.



## FACILITIES

# Infinity Pool

The 18x8m marble pool with large spaces to sunbathe or practice yoga, a vine pergola that provides ample shade. By the pool, a Tiki bar offers a relaxed setting for refreshments.





# Accommodation Rates

April 30<sup>th</sup> – May 4<sup>th</sup> 2026 (4 nights)

## **Suite**

**(Living room, mezzanine bedroom for children & bathroom):**

Two people: €3,080

## **Large bedroom with ensuite:**

Single occupancy: €1,650

Shared occupancy: €1,430 per person

## **Bedroom with ensuite:**

Single occupancy: €1,480

Shared occupancy: €1,260 per person

## **Bedroom with shared bathroom:**

Single occupancy: €1,310

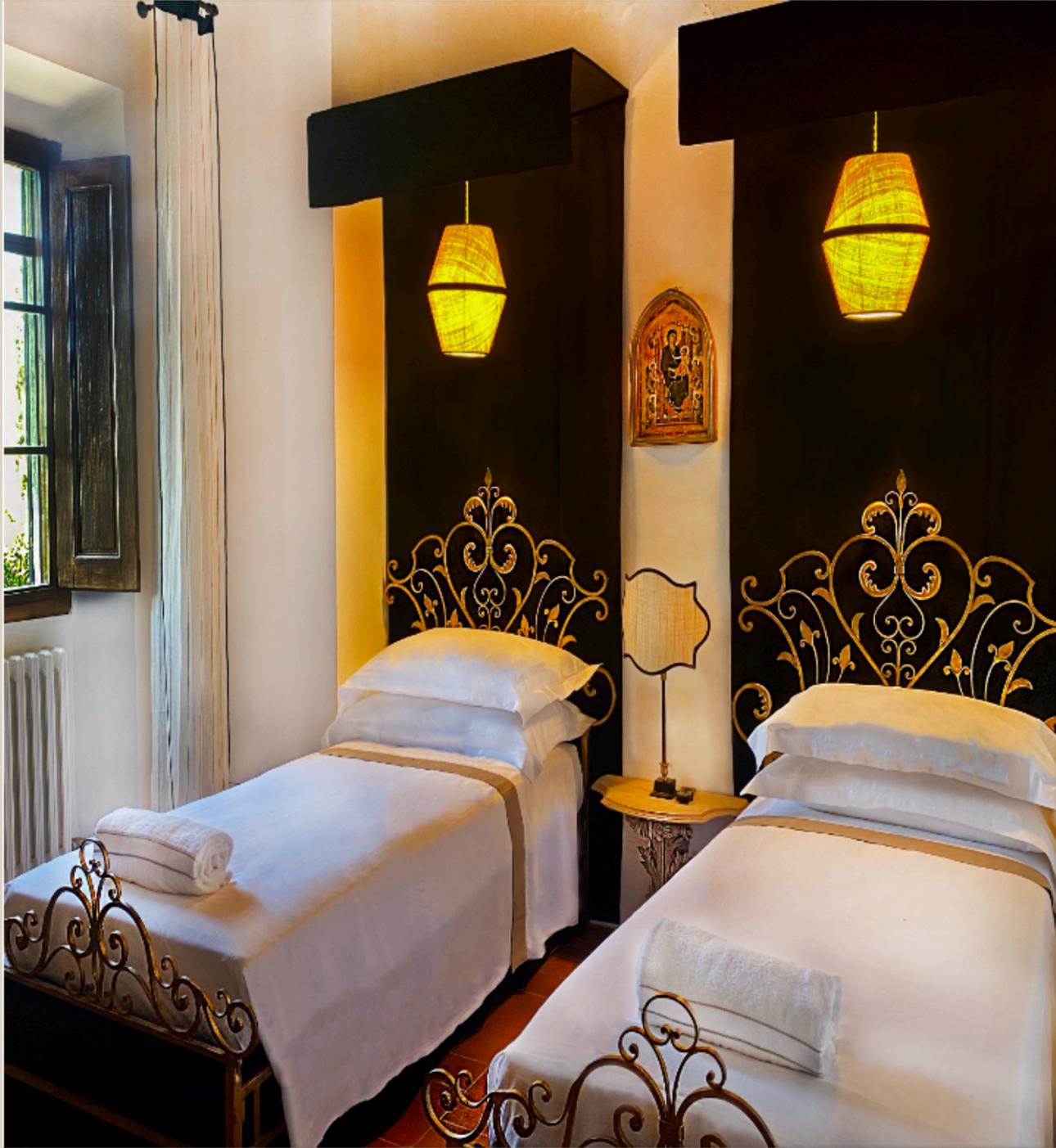
Shared occupancy: €1,140 per person

All bedrooms have colonial style wooden ceiling fans.

Aircon supplement per stay: €200

**Important Note: The accommodation fee and the tuition fee are separate.**

ACCOMODATION



## What's included

- 4 nights accommodation
- Full board
- Daily Aperitivo
- Pizza making experience
- Towels & linens
- Infinity pool
- Tennis court
- Wifi
- Laundry facilities
- VAT tax



## What's not included

- Transfers
- Wine Tours
- City tax (€2.50 per person per day to be paid in cash on arrival)

### Optional Add-Ons

- Treatments (Massage) - these can be requested
- Wine Tours
- Materials €250

# Practical Information

## Dates

30 April – 4 May 2026

## Check-in and check-out

On 30 April you are very welcome at Rignana Estate from 16:00.  
Estate from 16:00.

Check-out on 4 May is before 10:00.

## Address

Rignana Estate, Rignana 8, Greve, in Chianti  
Toscana, Italy 50022 Firenze

## Travel

You organise your own journey. When traveling from Florence we encourage you to travel by taxi or carpool with other participants. Before the trip, you will receive a travel coordination schedule to help you align your plans with your fellow participants.



# How to get to Rignana Estate

## Travel to Italy

- **By Air to Florence:** Florence Airport (Peretola) is the closest airport to Rignana Estate. The estate is a 50minute drive from Florence airport
- **By Air to Pisa:** Alternatively, you can fly into Pisa International Airport. From Pisa, you can connect to Florence by bus, train, or taxi.

## From Florence to Rignana Estate

**By Car:** Renting a car is the most convenient way to reach Rignana Estate. From Florence, it's an approximately 40-minute drive to the Estate.

Alternatively, we can search for the most convenient price for a taxi or minibus taxi service for you.



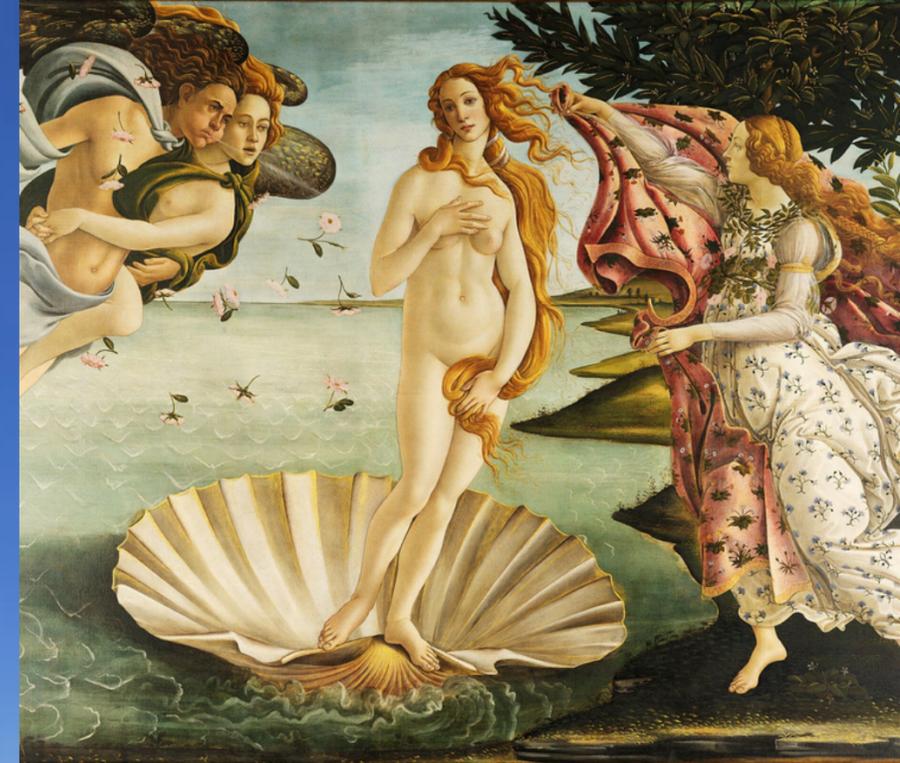
# Prime Location Highlights

Just 40 minutes from Florence, Rignana Estate offers the perfect balance of tranquility and accessibility.

Nearby, charming villages like Greve and Panzano invite exploration, while world-class wineries such as Antinori nel Chianti Classico provide unforgettable tasting experiences.

We highly recommend a visit to the monastery of Badia A Passignano, home to Ghirlandaio's Last Supper. A tour with one of the monks is a must!

Walking and cycling is popular in the area. The primary walking route passing through the Rignana area is the historic Via Sanese, a leg of the ancient pilgrimage route leading to the Via Francigena, offering hilly treks through vineyards and olive groves.



# Contact us

**Any questions please get in touch!**

**Accommodation**

**book@rignana.estate**  
**+39 393 620 2164**

**Yoga + Nutrition**

**mimi@sundarawellness.co.uk**

**Landscape painting**

**issieweir@gmail.com**



We hope to welcome you soon

Martino and Alessandra  
book@rignana.estate  
+39 393 620 2164