

YOGA AND PILATES RETREAT
13-18 APRIL, 2027

PALAZZO DANIELE, PUGLIA

FIVE DAYS OF MOVEMENT, RESTORATION AND CONNECTION IN THE HEART OF SALENTO



At the southern edge of Puglia, between ancient olive groves and the Mediterranean, Palazzo Daniele is the former residence of the Daniele family. Its original frescoes, mosaic floors and architectural details have been carefully preserved, while minimal contemporary interventions allow the history of the house to remain present.





Contemporary art and design enter into a quiet dialogue with the existing architecture, creating an atmosphere that feels both timeless and alive. Our approach treats heritage as something to inhabit rather than simply observe. Guests gather in the salons, cross the courtyard and share the everyday rituals of a private home.

THE RETREAT

Led by Berlin-based teacher Antonia Lingemann, the retreat combines considered movement, breath and restorative practice. Open to all levels, each session invites greater strength, mobility and awareness, while leaving generous space for rest and discovery.

Program`

8:00 am
Coffee and tea

9:00 am
Morning practice, lasting 60–90 minutes

11:00 am
Brunch

12:00–4:30 pm
Free time

4:30 pm
Afternoon practice, lasting 60–90 minutes

7:00 pm
Dinner







As Creative Director of Palazzo Daniele, Sarah Jade shapes the property's identity and guest experience through a philosophy of hospitality rooted in place, intuition and genuine care. Her approach invites guests not simply to visit Salento, but to enter into its culture—through its food, landscapes, traditions, craftsmanship and the people who keep them alive.



Together, Antonia and Sarah have created a retreat in which practice extends far beyond the mat. Movement, nourishment, rest and encounters with the territory become part of one continuous experience, thoughtfully designed to encourage presence, connection and a deeper sense of wellbeing.





Package inclusions

Five nights’ accommodation

Daily brunch and dinner

Morning coffee and tea

A small daily selection of fresh fruit and nuts

Exclusive use of the yoga space during scheduled practices

Access to the swimming pool, steam bath, sauna and all hotel facilities

Single occupancy 2.800 €

Double occupancy 2.000 €

Early bird* - 18.09/18.10

*Full deposit required

Single occupancy 3.000 €

Double occupancy 2.200 €

Classic packages*

*Deposit required



Reservations@palazzodaniele.com