



MAI SON YOU

WELCOME TO

MAISON YOU

CURATED RETREATS FOR A BETTER YOU

At MAISON YOU, we believe wellness isn't a luxury, it's a necessity. We're here to help you reconnect with yourself and rediscover what it means to be well.

Think of us as your personal wellness curators, whether you need stress relief, burnout recovery, or a gut health reset, we handpick retreats that foster deep, lasting transformation.

Let us guide you to the perfect retreat for YOU.



BEST RATES & PERKS

Guaranteed best rates at selected retreats worldwide, with upgrades, retreat credits, discounts and special experiences like spa treatments and personalized consultations.

EXCLUSIVE EXPERIENCES

Priority access to new or limited-edition wellness and brand experiences

COMMUNITY FOCUS

A trusted community of expert curators - from wellness coaches to healers and industry visionaries - handpicking meaningful experiences just for you.

AT MAISON YOU, YOU ARE THE PURPOSE.



ADLER LODGE RITTEN

ADLER Lodge RITTEN is more than a retreat, it is a story of alpine wellness rooted in nature. Perched on the Renon plateau above Bolzano, this intimate lodge was designed as a modern refuge where the Dolomites meet forest tranquillity.

Built entirely from natural wood and inspired by South Tyrolean traditions, the lodge combines sustainable design with panoramic views, creating an atmosphere of harmony and calm.

Here, wellness is woven into every detail: light-filled suites and chalets immersed in trees, a panoramic open-air pool, and a spa nestled in the forest. The ADLER philosophy has always been about balance, blending hospitality, natural beauty, and holistic care to create spaces where guests can restore energy, reconnect with themselves, and breathe deeply in the alpine air.



SIGNATURE EXPERIENCES



ADLER LODGE RITTEN, DOLOMITES, ITALY
9 – 16 NOVEMBER 2025, 3 OR 7 NIGHTS

SELFCARE YOGA

ADLER LODGE RITTEN, DOLOMITES, ITALY
14 – 21 DECEMBER 2025, 3 OR 7 NIGHTS

YOGILATES



STEP INTO STRENGTH, FLOW INTO STILLNESS

YOGILATES WITH SAMIRA GRUBER

Guided by one of Italy's most intuitive teachers, in a sanctuary where the Dolomites themselves become part of your practice.



By combining yoga and pilates, the holistic training approach offers a range of benefits. Full-body workout: strength, flexibility, and coordination are comprehensively trained. Stress reduction: breathing exercises and meditation help reduce stress and promote mental clarity.

During this retreat you will be guided by Samira Gruber, whose training includes methods such as: Asanas, Pranayama techniques, Meditation, Yin Yoga, Teaching of the Chakras, as well as the teachings of the Vedas (sacred scriptures), which help us to get closer to our "Self" and to get a better awareness of our body.



KEY EXPERIENCES:

- Daily Yogilates sessions with Samira
- Lodge all-inclusive arrangement:
 - Gourmet à la carte dinners, buffet breakfasts & light lunches with local specialties
 - Fresh spring water, local soft drinks, South Tyrolean wines & spirits
- Access to panoramic spa: heated open-air pool, two saunas, steam bath, indoor relaxation rooms
- Use of the fitness centre with Technogym equipment
- Tailored outdoor programme à la carte (hikes, forest walks, excursions)

DETAILS & PRICING:



DATES:

3 or 7 night options / 14-21st December, 2025

LOCATION:

ADLER Lodge RITTEN
Dolomites, Italy

PRICING:

3 nights from €810 per person in Junior Suite (based on two people sharing)

7 nights from €1,953 per person in Junior Suite (based on two people sharing)

Includes programme and all-inclusive arrangement (meals, drinks, spa, fitness, daily outdoor programme).

YOUR MAISON YOU BENEFITS

- €90 Spa voucher per room





ITINERARY

Enjoy the following programme, tailored to your choice of a 3 or 7 night stay:

Monday

07:30-08:30 Meditation and Yogilates to start the day
mentally clear and physically strong
08:45-09:45 Powerful core, strong abs, strong self-
confidence

Tuesday

07:30-08:30 Breathing techniques and Yogilates
08:45-09:45 Heart opener flow

Wednesday

07:30-08:30 Meditation and Yogilates to start the day
mentally clear and physically strong
08:45-09:45 Healthy hips, strong back

Thursday

07:30-08:30 Breathing techniques and Yogilates
08:45-09:45 Strong and flexible: full-body Yogilates

Friday

07:30-08:30 Meditation and Yogilates to start the day
mentally clear and physically strong
08:45-09:45 Detox flow: cleansing for body and mind

Saturday

07:30-08:30 Breathing techniques and Yogilates
08:45-09:45 Full-body strengthening with a yoga block

Sunday

07:30-08:30 Deep relaxation and stretching for the whole
body

CONTACT US

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www.maison-you.com

The journey inward is the greatest adventure of all

WELCOME HOME

