



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 SPA RESORT SICILIA

ADLER Spa Resort SICILIA rests on a pristine stretch of Sicily's southern coast, where golden beaches meet Mediterranean gardens and wild coastal reserves. Conceived as a haven for regenerative travel, the resort blends contemporary architecture with sustainable design, harnessing natural light, sea breezes, and panoramic views of the horizon.

Wellbeing is at the heart of the resort; from spacious sea-view suites and a cutting-edge thalasso spa to mineral pools and seasonal, locally sourced cuisine. Blending Sicilian warmth with ADLER's holistic wellness philosophy, it offers a sanctuary for body and mind. This is further enriched by ADLER Med, a health concept that combines medical care with personalised guidance for complete wellbeing.



SIGNATURE EXPERIENCES



ADLER SPA RESORT SICILIA
14 – 21 DECEMBER 2025, 7 NIGHTS

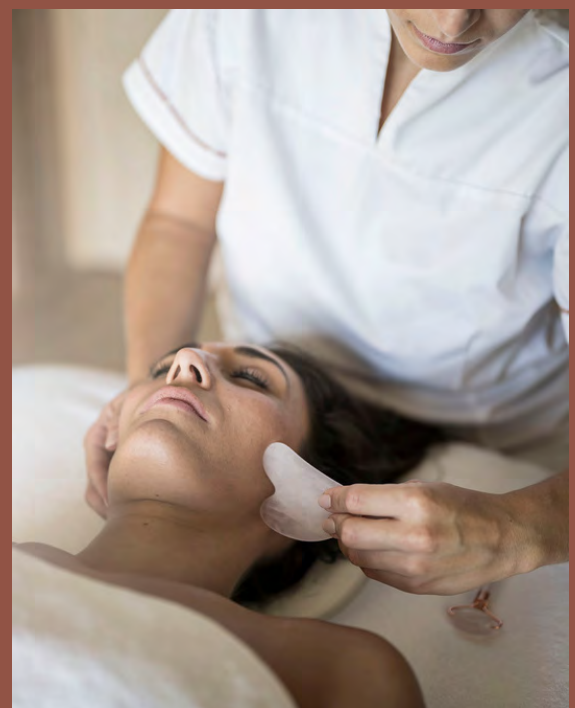
MOVEMENT & MINDFULNESS



A RETREAT GUIDED BY ALISSA PLANKER

MOVEMENT & MINDFULNESS RETREAT

Strengthen body and calm mind - your invitation to rediscover yourself through practice, ritual, and the serene embrace of Sicily's southern coast.



The **Movement & Mindfulness Retreat** with **Alissa Planker** offers a holistic programme designed to awaken body and mind. Through yoga, pilates, stretching, breathwork, and meditation, Alissa creates a safe and supportive space for both physical challenge and deep relaxation.

This carefully designed program includes a varied movement practice accompanied by meditative sequences. The Pilates classes strengthen your body and promote better posture. The yoga sequences deepen the connection between breath and movement, with the yin yoga in particular providing relaxation and loosening the fasciae.



KEY EXPERIENCES:

- Full retreat programme with daily movement, yoga, pilates, and meditation.
- Special cacao ceremony experience.
- Half-board arrangement which includes:
 - Seasonal buffet breakfast and light dinners crafted from local farms.
 - Focus on fresh, regional ingredients and Mediterranean balance.
- Unlimited access to spa facilities: thalasso pools, saunas, steam baths, relaxation areas with sea views.
- Outdoor experiences: coastal hikes, cultural excursions, and wellness activities.
- Option to add additional treatments or opt into a ADLER Med programme for an extended stay.

DETAILS & PRICING:

DATES:

7 nights / 14-21st December, 2025

LOCATION:

ADLER Spa Resort SICILIA
Sicily, Italy

PRICING:

7 nights from €1,443 per person per person in Junior Suite (based on two people sharing)

Includes full retreat programme with Alissa Planker, half-board meals, access to spa facilities, and outdoor programme.

YOUR MAISON YOU BENEFITS

- €90 Spa voucher per room





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Sunday - Welcoming & Orientation:

17:00-18:30 Soft Yoga with hands-on, alignment & breath meditation & short journaling

Monday - Connection & Community:

08:30-10:00 Stretching Class (4 different stretch-ways)
17:30-19:00 Basic Pilates Class

Tuesday - Deepening the Practice:

08:30-10:00 Power Pilates Class & Stretching
16:00-17:30 Yin Yoga & short journaling

Wednesday - Exploration:

08:30-10:00 Morning Stretching & Breathwork
16:00-17:30 Mobility - Pilates Class & short journaling

Thursday - Comfortably & Routine:

08:30-10:00 Vinyasa morning Yoga Flow & Meditation
17:30-19:00 Stretching - soft yoga & cacao ceremony & short journaling

Friday - Deeper Dive:

08:30-10:00 Power Pilates Class
17:30-19:00 Soft Yoga flow & short journaling

Saturday - Understanding:

08:30-10:00 Mobility with neuroathletic movement
16:00-17:30 Stretching & Meditation & short journaling

Sunday - Release & Closing:

08:30-10:00 Energetic morning Yoga Flow

CONTACT US

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www.maison-you.com

The journey inward is the greatest adventure of all

WELCOME HOME

