



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.



DATU WELLNESS

For a limited time each year, Datu Wellness brings the authenticity of Ayurveda, Yoga, and ancient Eastern healing arts to the Amalfi Coast. In a quiet fold, where sea and stone meet in long silence, these immersive retreats offer a rare opportunity to experience world-renowned Vaidyas, yoga masters, and healers, without traveling to India or Tibet.

Datu, which means “to share” in Sanskrit, embodies the team’s vision of offering transformative care and timeless wisdom in a setting of beauty, serenity, and comfort.



SIGNATURE EXPERIENCES



AMALFI COAST, ITALY
7 NIGHTS / MULTIPLE DATES
7TH MARCH - 22ND MARCH, 2026

THE ESSENCE OF YOGA



WHY IT STANDS OUT

Unlike urban wellness studios or generic spa retreats, Datu is fully guided by traditional Ayurvedic and Yogic sciences.

Guided by senior teachers from India and beyond, they bring decades of study and a quiet clarity to their teaching at Datu. Their presence offers a rare opportunity to engage with yoga in its essence; a way that is both grounded and spacious, drawing from tradition without rigidity. Alongside them, world-class therapists offer a range of treatments with the same depth of care and precision - complementing the retreat's inward focus with skilled, restorative support.



THE ESSENCE OF YOGA

MOVE BEYOND FORM AND DEEPEN YOUR RELATIONSHIP
WITH YOGA AS A LIVED PATH.



Mornings begin with a balance of stillness and movement. Each day unfolds into exploration, philosophical threads, or restorative practices, with ample time for rest, reading and quiet introspection. There will be opportunities to enjoy peaceful walks along the beach and immerse yourself in the vast, beautiful surrounding parklands.

Expect accommodation which is elegant yet relaxed, with whitewashed walls, tiled ensuites, and expansive windows framing views of the Amalfi Coast and Capri. Meals are fresh and locally sourced — thoughtful, nourishing and unhurried.



KEY EXPERIENCES:

- Enjoy daily practices of Sadhana, Satsang and meditation
- Daily focussed workshop class
- World-class therapists offering a range of treatments
- Cultural excursions
- Full-board Ayurvedic cuisine (breakfast, lunch, dinner + snacks)
- Natural wellness attire for use during the retreat

DETAILS & PRICING:

DATES:

7 nights / 7th - 14th March, 2026

7 nights / 15th - 22nd March, 2026

LOCATION:

Private property

Amalfi Coast, Italy

PRICE:

£1,600 per person based on double occupancy in a Dharma Villa with Sea View Terrace

£2,200 per person based on single occupancy in a Dharma Villa with Sea View Terrace

Prices include full retreat programme and meals.

MAISON YOU BENEFITS

- Complimentary Ayurvedic treatment



CONTACTUS

hello@maison-you.com

[@_maisonyou_](https://www.instagram.com/_maisonyou_)



www.maison-you.com



ITINERARY

Arrival evening:

- Satsang / Meditation: What is Yoga

Day 2:

- Pavanamuktasana (gentle joint exercises), light Pranayama introduction (2h)
- Satsang: Patanjali Yogasutra 1.2 - citta vrtti nirodhah
- Meditation
- Workshop - Exploration of Spinal Movements in Asana

Day 3:

- Build on Day 2 with basic asana practice and further exploration into Pranayama Sama Vritti
- Satsang: Ethics and Inner Discipline (Yama / Niyama)
- Meditation
- Workshop - Exploration of Hip & Shoulder Movements in Asana

Day 4:

- Build on Day 3 with asana practice and further exploration into Ujjayi Pranayama
- Satsang: Yoga Sutra 2.46 Sthira sukham asanam
- Meditation
- Afternoon available for cultural and touristic exploration

Day 5:

- Build on Day 4 with asana practice and further exploration into Pranayama Nadi Shodhana
- Satsang: Introduction to Koshas (Yoga of the subtle body) Pranayama and Pradhiara
- Meditation
- Workshop - Subtle Alignment (sensation and feedback)

Day 6:

- Build on Day 5 with asana practice focused on subtle alignment and Pranayama Bhramari
- Satsang: The meditative Limbs - Dharana & Dhyana
- Meditation (Trataka)
- Workshop - Inversions

Day 7:

- Full integrated practice Asana & Pranayama
- Satsang: Integration & Intention and misconceptions of Samadhi
- Meditation (Open Awareness / Advaita non-dual presence)
- Workshop - Integration circle

Departure Day 8:

- Full integrated self-practice Asana & Pranayama with assistance
- Meditation
- Departures



CONTACT US

hello@maison-you.com

[@_maisonyou](https://www.instagram.com/_maisonyou)



www.maison-you.com

Join us within the enchanting hills of Tuscany to reset, restore, and
reconnect with authentic Eastern wisdom in a European sanctuary.

WELCOME HOME

