

The image is a vertical collage. At the top, a green and white striped decorative border runs across the width. Below this, the background is a composite of three scenes. On the left, a dining table is set with a pink and white checkered tablecloth, featuring several dishes, a centerpiece of flowers, and a candle. In the center, a large, leafy tree stands in front of a modern, tan-colored building. On the right, a portion of the same building is visible. At the bottom, another green and white striped decorative border runs across the width, above a patterned sofa with two matching cylindrical pillows. The sofa has a complex geometric pattern in shades of purple, grey, and white. The overall aesthetic is warm and sophisticated, with a focus on pattern and color.

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.



**BREATHTHROUGH RETREAT - MUSIC,
BREATH, MOVEMENT**

ADLER Lodge RITTEN
Dolomites, Italy

4 nights
8-12th November, 2026



The **Breaththrough Retreat** is designed to use the power of breath to release physical, mental, and emotional tension and reconnect with your authentic self. Guided by Angela Grossi, a certified breathwork trainer and yoga teacher whose work blends science, ancient traditions, and international experience to create deeply transformative practices.

Expertly curated to foster mindfulness and sensory awakening, our retreat combines yoga, tai chi, and meditation with the pure mountain environment, empowering you to embody a freer, more aligned version of yourself.

BREATHTHROUGH RETREAT - MUSIC, BREATH, MOVEMENT



WHY IT STANDS OUT

This programme is for those seeking a rejuvenating respite and a desire to transform their relationship with their breath and life itself.

- **Breath Mastery:** Advanced techniques certified by Oxygen Advantage to optimize your immune health and mental focus.
- **Sensory Synergy:** The healing use of music and silence to accompany your journey of self-discovery.
- **Dolomite Immersion:** Mindful hiking in a UNESCO World Heritage site
- **Energetic Balance:** Fusion of heat/cold therapies with breathing to boost resilience and cellular well-being.



KEY EXPERIENCES:

- Daily yoga, Tai Chi, meditation and breathwork sessions led by Angela Grossi
- ADLER Lodge all-inclusive arrangement:
 - Buffet breakfasts, light lunches, and gourmet à la carte dinners
 - Local wines, fresh spring water, and South Tyrolean specialties
- Access to panoramic spa: open-air heated pool, steam bath, saunas, forest relaxation areas
- Use of fitness centre with Technogym equipment
- Daily à la carte outdoor programme (guided hikes, forest walks, seasonal activities)

DETAILS & PRICING:

DATES:

4 nights
8-12th November, 2026

LOCATION:

ADLER Lodge RITTEN
Dolomites, Italy

PRICING:

From €1,506 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

During this 4-day retreat, you can expect the following each day - a carefully curated flow of practices and experiences:

- Guided meditations to deepen awareness and presence
- Yoga and tai chi to harmonise body and mind
- Grounding nature hikes to reconnect with the environment
- Transformative breathwork to release tension and rebalance energy
- Meaningful community connection and shared reflection
- Healthy, nourishing food to support overall wellbeing

CONTACT US

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The journey inward is the greatest adventure of all

WELCOME HOME

