



KEPLER
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BARRE SERIES

Palazzo Daniele
07-10 May 2026



Palazzo Daniele

07 - 10 May 2026

This spring, we invite you to join us for a four-day retreat at Palazzo Daniele, a historic palazzo in the heart of Puglia — a place shaped by time, craft and quiet intention.

The Living Measure Retreat with Kepler x Barre Series brings together considered movement, thoughtful conversation and seasonal living within a setting that encourages pause rather than performance. Days unfold gently, guided by rhythm, light and space, allowing you to reconnect with what feels essential.

Throughout the retreat, we explore the idea of measure — how we move, rest, gather and live. Movement sessions are grounded and considered, rooted in Pilates and barre technique, designed to support the body rather than push it. Shared moments invite reflection not on doing more, but on living well.

This retreat is for those drawn to depth over display, presence over pace, and places with soul. As spring unfolds in southern Italy, it's an invitation to arrive fully — and to leave with a quieter clarity about how you wish to live.

The image shows the exterior of Palazzo Daniele, a historic stone building in Salento, Puglia. The facade is made of large, light-colored stone blocks. Several windows with white shutters are visible, some of which are open. A tall palm tree stands in the foreground on the right side. The scene is captured in warm, golden light, suggesting late afternoon or early morning. The text is overlaid on the left side of the image.

THE LOCATION: PALAZZO DANIELE | SALENTO, PUGLIA

Palazzo Daniele is a place shaped by history, artistry and a deep respect for slowness. Housed within an 18th-century palazzo in the quiet village of Gagliano del Capo, it is a living, breathing space where contemporary art, considered hospitality and southern Italian traditions coexist. Carefully restored yet deliberately raw, the palazzo offers intimate accommodation, light-filled communal spaces, a tranquil courtyard, and a seasonal kitchen rooted in local produce. More than a destination, Palazzo Daniele is a sanctuary of calm and character, a place of understated beauty that invites reflection, presence and a gentle return to self, inviting you to step outside the demands of everyday life and into a different rhythm of being.



Retreat Package

07 - 10 May 2026

A limited collection of room packages is available. Rates and availability are shared upon application. Please email to receive the most up-to-date overview across room categories.

What to Expect

A deeply restorative yet creatively energising experience.

- Daily barre and movement sessions led by Catie Miller
- Thoughtful group conversations guided by Kepler
- Rhythmic restoration and spacious moments of stillness
- Carefully curated, seasonal dining
- Time to pause, reflect, and reconnect
- Surprise local explorations and intimate expeditions

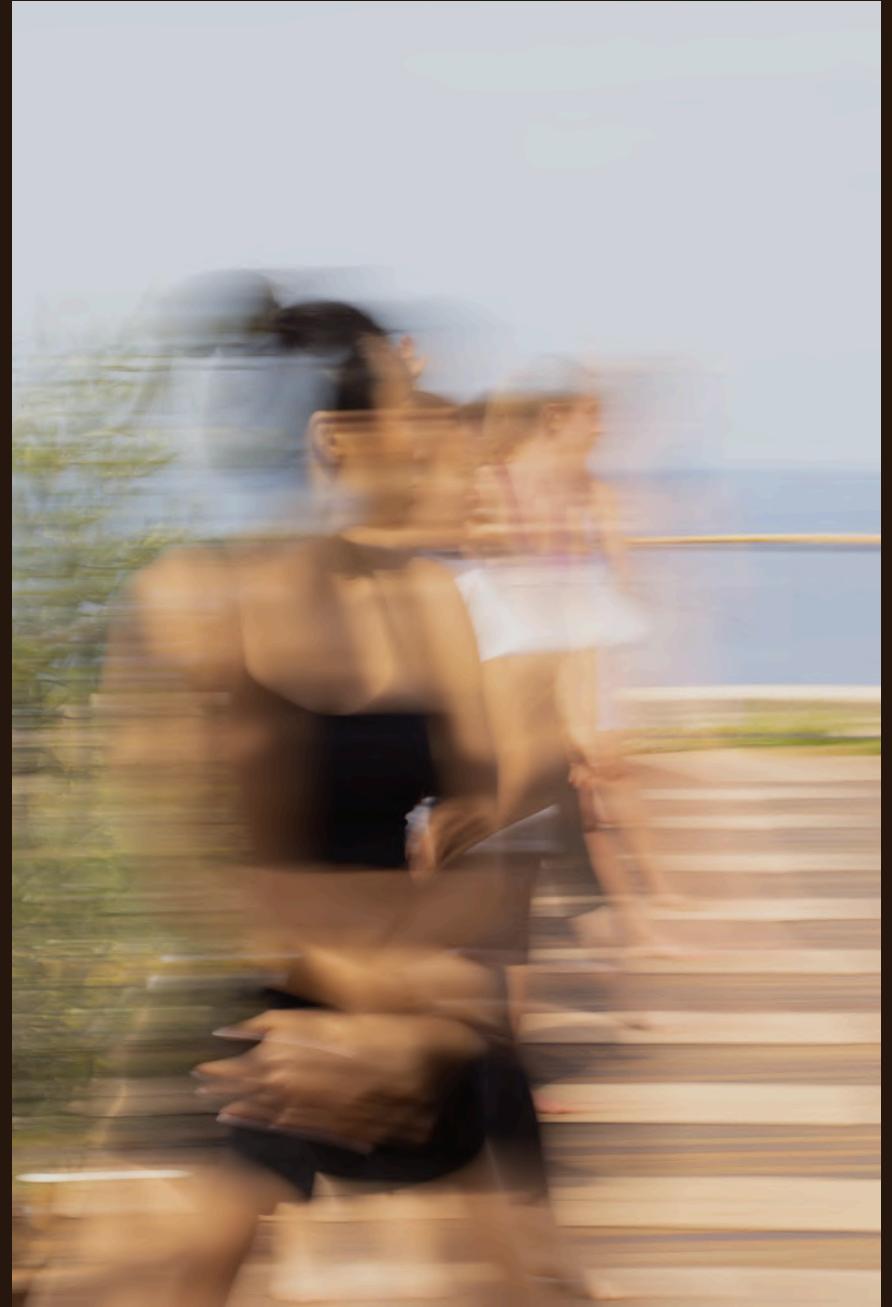


KEPLER X BARRE SERIES

Barre Series sits at the intersection of embodied movement and expansive living. A global movement brand led by founder Catie Miller, Barre Series blends contemporary barre and Pilates with mindful, functional strength — all grounded in community and movement for real life.

Kepler is a multidisciplinary platform dedicated to thoughtful, immersive experiences. Through storytelling, space-making and inner enquiry, Kepler creates environments that invite reflection, connection and personal growth.

Together, Kepler x Barre Series have created The Living Measure Retreat, a considered experience designed to support alignment, clarity and balance. A space to move, reflect, and reconnect with what matters.

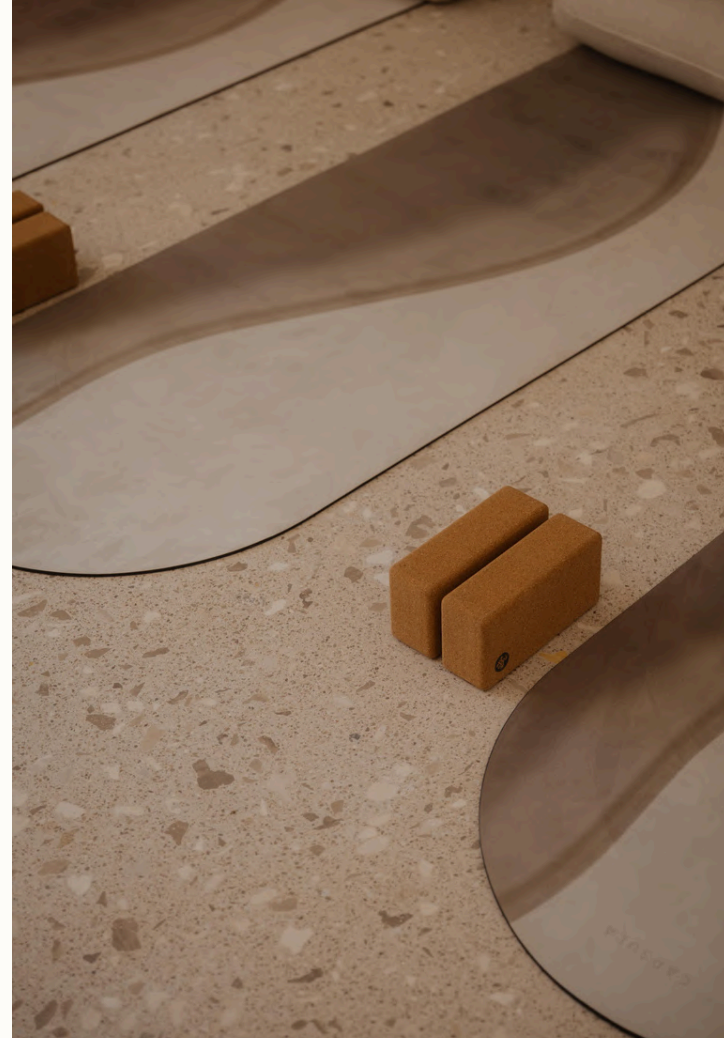


PALAZZO DANIELE



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For enquiries and applications, please email
hello@barreseries.com or js@staykepler.com.