



KEPLER



BARRE SERIES





The Art of Staying

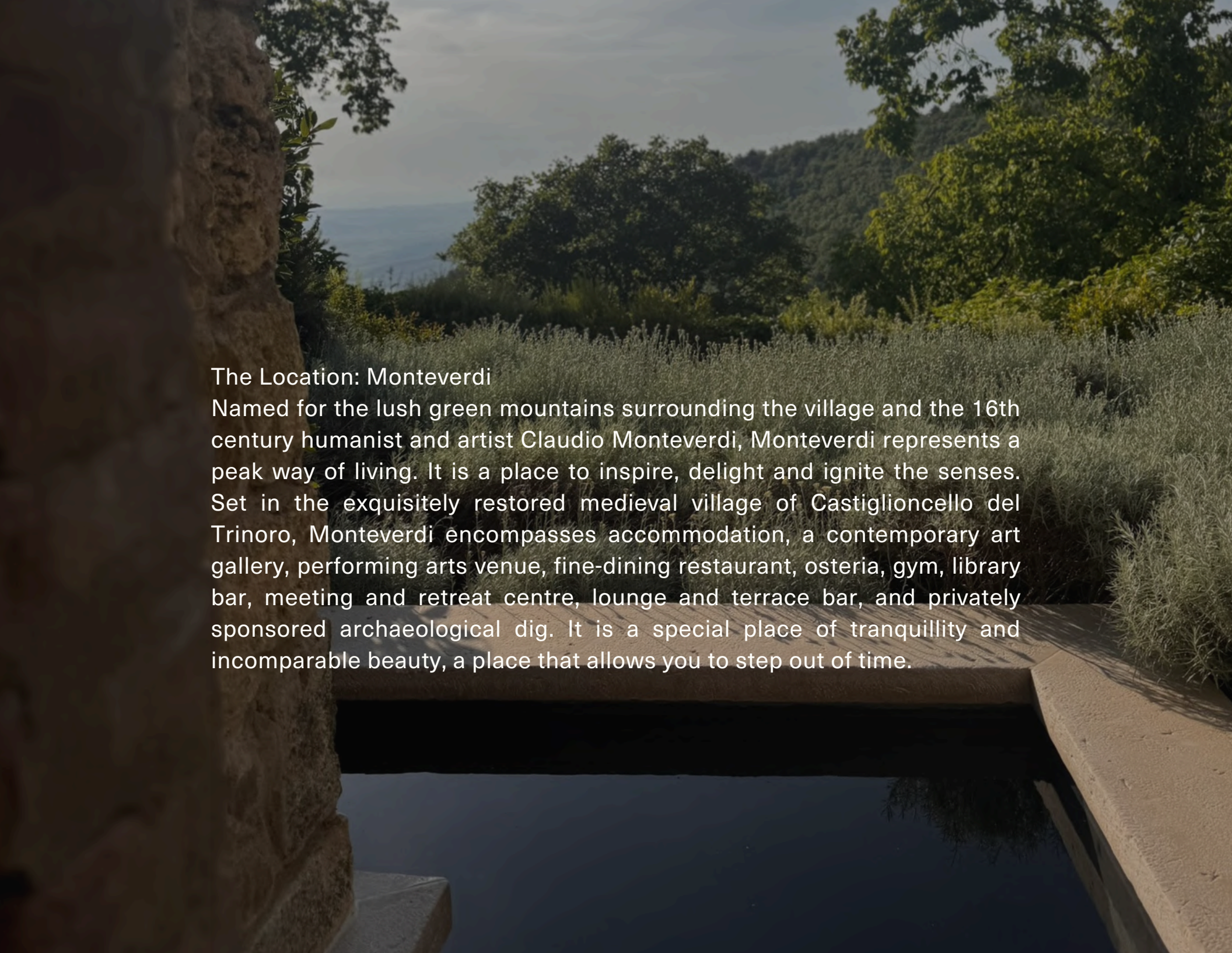
15 - 18 October 2026

In a world shaped by speed and constant movement, we are rarely invited to stay — with a place, a thought, or ourselves. This retreat explores what happens when we do.

Set within the timeless landscape of Monteverdi, where life unfolds at a slower, more intentional pace, we begin to experience the richness of remaining — in movement, in nature, in conversation, and in stillness.

We stay with the body as it strengthens. We stay at the table, allowing connection to deepen. We stay with ideas, giving them space to unfold. Not rushing. Not moving on.

Because staying requires intention — and in return, it offers clarity. A more grounded, connected, and lasting way of living.

A scenic view of a stone bridge over a river, surrounded by lush greenery and mountains in the background. The bridge is made of light-colored stone and spans across a calm river. The background features dense green trees and rolling hills under a clear sky. The foreground shows the stone structure of the bridge and the water's surface.

The Location: Monteverdi

Named for the lush green mountains surrounding the village and the 16th century humanist and artist Claudio Monteverdi, Monteverdi represents a peak way of living. It is a place to inspire, delight and ignite the senses. Set in the exquisitely restored medieval village of Castiglioncello del Trinoro, Monteverdi encompasses accommodation, a contemporary art gallery, performing arts venue, fine-dining restaurant, osteria, gym, library bar, meeting and retreat centre, lounge and terrace bar, and privately sponsored archaeological dig. It is a special place of tranquillity and incomparable beauty, a place that allows you to step out of time.

Retreat Pricing & Package

15 - 18 October 2026

Prices from

£3955 single occupancy

£6193 double occupancy

(Price Includes: Accommodation, all meals and beverages, round-trip transfers from Puglia or Florence airport, and all retreat activities). Room upgrades available upon request.

What is included:

- 3 nights at Monteverdi
- Daily movement and restorative sessions
- Guided hike and countryside picnic
- Cooking experience and seasonal dining
- Olive oil tasting, farm visit and lunch
- Workshops and discussions
- Spa access
- Evening experiences and shared meals



The Collaboration: Kepler x Barre Series

At the intersection of embodied movement and expansive living. Barre Series is a global movement brand rooted in mindful strength, community and functional fitness. Led by founder Catie Miller, its method bridges modern barre and Pilates with purposeful movement for real life.

Kepler is a multidisciplinary platform for thoughtful experiences — with storytelling, space-making and inner enquiry at its core, Kepler creates environments that invite transformation and personal growth.

Together, Barre Series x Kepler have designed The Art of Staying Retreat to guide you into full-body alignment, both physically and existentially — returning you to the essence of who you are and what truly nourishes you.







For further information or to apply, please email
hello@barreseries.com & js@staykepler.com

