



PALAZZO FIUGGI

WELLNESS MEDICAL RETREAT

# STRESS: BALANCE & WELLBEING RETREAT

*with*



MINDFULNESS  
AND BEYOND

5-9 November 2023







PALAZZO FIUGGI

# MINDFULNESS AND BEYOND

IS A HEART-CENTERED WELLBEING METHODOLOGY, FOCUSED ON MENTAL, EMOTIONAL AND SPIRITUAL WELLNESS.

Blending ancient teachings and traditional practices from Eastern philosophy with modern Western psychology techniques, we connect people to their true potential through immersive retreats, meditation instruction, one-to-one mentoring sessions and mind training programs.

We believe the transformation journey begins with mindful awareness. By consciously changing the way you approach your relationships, make decisions, and interact with your daily experiences, you have the potential to transform yourself, and your life, into a magical reality.



MEDICAL AND DIAGNOSTIC

## ABOUT THE RETREAT

An immersive experience that allows you to explore, understand and dissolve the sources of your stress and change your response to it, and in so doing, to achieve a state of wellbeing beyond stress. This retreat supports you while you re-establish the body-mind-heart connection as you regulate the nervous system and rediscover the peace of balance.

### BENEFITS AND OBJECTIVES

- feel the need to take the time and space for yourself
- want to move away from feelings of burn-out and exhaustion
- want to experience deep relaxation in body and mind
- want to be free anxiety of recurring stress patterns
- slow down and step into a mindful space
- learn the three antidotes of stress
- create a personal wellbeing plan
- experience a renewed calm
- restore your energy for life

### PACKAGE INCLUDES:

- Insightful group talks with Mindfulness and Beyond mentors, Rajesh and Smitha
- Daily movement, energetic breathwork and mindfulness practice
- 2 x 30 mins personal mentoring sessions
- Breakout group discussions
- Take home tool kit discover ways to sustain balance
- Stay in a Charme room
- Full board with Heinz Beck food line
- x1 Medical visit with electrocardiogram and blood pressure check

**PRICE 3.790,00 euro includes accommodation in a Charme room, single occupancy for 4 nights**



# PALAZZO FIUGGI



## LOCATION

Palazzo Fiuggi is a wellness medical retreat hotel set on an ancient hillside in an 8-hectare private park and offers unparalleled views of a breathtaking landscape. Palazzo Fiuggi has 102 rooms and suites ranging from 32 to 135 square meters, a restaurant by three-Michelin-starred chef Heinz Beck, three swimming pools, and finally, innovative medical, spa and Movement Lab facilities.



## ACCOMMODATION

Included in the package is our charme room. Enchanting room between 30 and 37 sq m with marble-finished bathroom and walk-in shower. They all offer expansive views, and some have balconies. Natural parquet floors are enhanced by tasteful decorative schemes and accessorized with luxurious textiles and furnishings, as well as antiques and original artwork. On request, upgrade to upper category room is available.



## FOOD LINE BY HEINZ BECK

Developed by Heinz Beck, three Michelin stars, in collaboration with Dr. David Della Morte Canosci, Medical Director, the Palazzo Fiuggi Food Line is not an ordinary diet. The food Line through out the day offers guests a supportive regimen, combining a balanced calorie intake with a targeted movement program and incorporating a personalized combination of nutrients to activate the molecular pathways that stimulate cellular rejuvenation.

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## MEET YOUR MENTORS



# RAJESH RAMANI

## RETREAT LEADER AND MENTOR

Rajesh Ramani is an internationally sought-after mentor, teacher and retreat facilitator. Over the past 25+ years, he has facilitated spiritual retreats and leadership conferences in more than 18 countries for a wide range of clients including EG Funds (Australia), Samsung Electronics, the Young Presidents Organization (YPO) and the invitation-only Chief Executives Organization (CEO).

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Rajesh co-founded Responsible Leadership Institute in Switzerland with a consortium of business economists, natural scientists and governance professionals to offer a range of holistic training and leadership programs that mindfully integrate work and life.

He has also co-founded Mindfulness and Beyond, a heart-centered wellbeing platform focused on mental, emotional and spiritual wellness specializing in curated retreats, courses and personal mentoring.

As a Life Enhancement Mentor at Kamalaya Wellness Sanctuary in Thailand, Rajesh consulted clients from around the world as a teacher and mentor focusing on personal growth, relationship

enhancement and emotional balance.

Rajesh's approach is influenced by his background as a banker-turned-monk and three decades of mindfulness and eastern philosophical training including 13 years embracing a monastic life as a spiritual teacher at the Oneness University, India.

Rajesh is a Licensed Coach with the International Coach Federation and his qualifications include a Grad. CWA from the ICAI.

“My approach to personal transformation is based on cultivating a mind that is capable of exploring and achieving its true potential; and a heart that can hold a bigger space for oneself and others through a practice of awareness, self-enquiry and kindness.”

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## MEET YOUR MENTORS



# SMITHA JAYAKUMAR

## RETREAT LEADER AND MENTOR

Smitha Jayakumar is a personal mentor, counsellor and teacher with more than 22 years of experience working with individuals and groups, conducting therapies, workshops and retreats for mental, emotional and spiritual wellbeing. Smitha is the co-founder of Mindfulness and Beyond, a heart-centered wellbeing platform focused on mental, emotional and spiritual wellness, specializing in curated retreats combining eastern philosophy and western psychology techniques.

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A graduate in Nutrition and Dietetics, her journey began as a monk in the Hindu tradition for 10 years through her twenties. She then spent the next decade (from 2011) in wellness hospitality as Life Enhancement Mentor with Kamalaya Wellness Sanctuary in Koh Samui, Thailand, guiding people through life change, relationship enhancement, emotional balance, self-acceptance and more.

Smitha is a certified teacher with CEB<sup>^</sup>™ (Cultivating Emotional Balance) that combines Buddhist psychology and practices with modern

psychological tools. She is also a yoga teacher trained in the Krishnamacharya Tradition of yoga. Smitha's therapies are grounded in principles of mindfulness combining holistic practices of yoga, breathing and meditation to heal and strengthen all facets of human personality.

Smitha believes that 'Awareness is the beginning, the end and the power of every process of transformation'. She fosters a space for self-awareness and self-enquiry to facilitate a personal transformation through integrated therapies.

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## CONTACTS

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