



SOURCE

Retreat

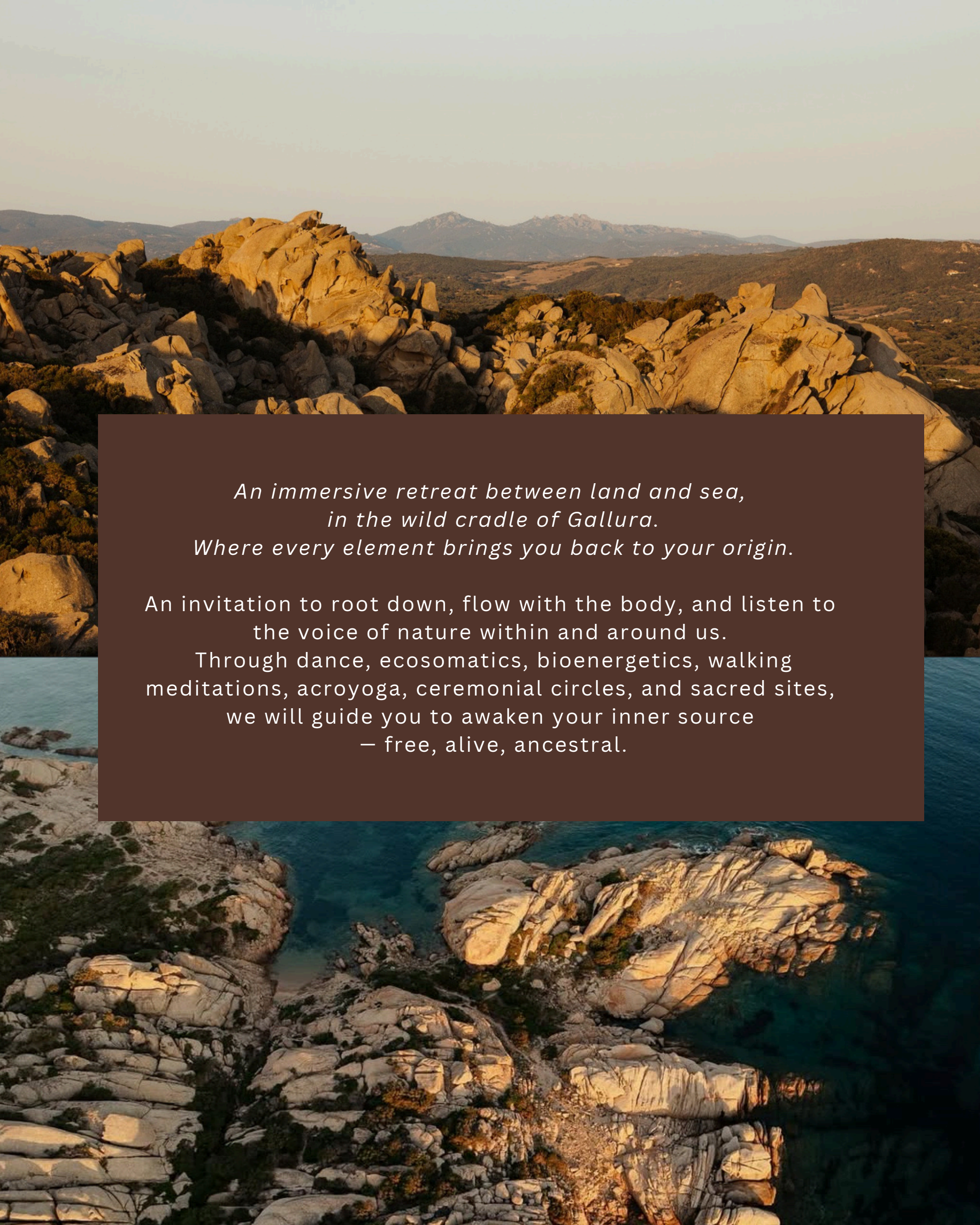
Body, Breath & Nature in Sacred Dialogue

October 24th -27th
Gallura - Sardinia

@_taitanina
@ninabarbi

NUALI
GALLURA

@nuali.gallura
@lallainlalaland



*An immersive retreat between land and sea,
in the wild cradle of Gallura.
Where every element brings you back to your origin.*

An invitation to root down, flow with the body, and listen to
the voice of nature within and around us.

Through dance, ecosomatics, bioenergetics, walking
meditations, acroyoga, ceremonial circles, and sacred sites,
we will guide you to awaken your inner source
— free, alive, ancestral.



MEDITATION
PRANAYAMA
SOUND HEALING

EMBODIED FLOW
ECO-SOMATIC
ECSTATIC DANCE
BHAKTI
YOGA



WILDERNESS
CERIMONIAL CIRCLES
ANCESTRAL PLANTS & REMEDIES
SHAMANIC JOURNEY

Gallura holds **the wildest breath of Sardinia.**

It is a land of wind and granite, of turquoise waters
embraced by ancient rocks, of junipers whispering stories through
their twisted forms.

Here, Nature becomes a teacher,
inviting us **to return to our original rhythm.**

Each cliff carved by the mistral wind reminds us of **the force of
transformation.**

Each hidden bay carries the power of retreat.

The granite rocks, timeless guardians,
reconnect us to the body and the memory of the depth.

Every sunset over the sea speaks of a **rite of passage.**
Every walk among the aromatic plants **is a return home**
— to body, soul, and Earth.

Every swim in crystalline waters purifies us, awakens us,
and brings us back to the Source.
This is a land that **cannot be explained — it can only be felt.**
Alive, ancient, wild.

It does not welcome you with sweetness: **it awakens you, moves
through you, strips you of what no longer serves.**

Between land and sea, we dance in deep listening.
We rediscover the voice.
We breathe as if it were the first time.

THIS RETREAT IS FOR YOU IF:

- You feel the need to **disconnect from the frantic pace of daily life** and rediscover a natural rhythm.
- You wish to **reconnect with a deep and authentic part of yourself**, to rekindle **creativity and inspiration**.
- You long for a space of silence and nature that brings you **back to the heart**.
- You want to **feel your body, your presence, and your connection** with the whole.
- You hear the call to slow down, listen, **and remember your uniqueness**.

An invitation to return to the heart, to your inner Source.

Open to everyone and all levels

WHAT YOU WILL FIND:

- A profound reconnection with yourself and with the whole.
- The possibility to release frenzy and **find inner calm, creativity, and renewed life force**.
- Daily practices of breath, movement, and presence to integrate into your life.
- **The liberation and expression of emotions through** movement and voice.
- Moments of **genuine sharing and connection with a like-hearted community**.
- A return to the cycles of **nature and your inner rhythms**.
- A deeper presence — grounded, centered, and open to love.
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RESIDENCE

Nuali Gallura

Nuali, from an ancient Gallurese word, means “**that which comes back to new life.**”
Nuali is not only a place, but a **family project**: each member is a guardian, bringing their own uniqueness, dedication, and love into a shared vision.

In particular, **Lalla brings life to events that honor the soul of the place** and what she herself is called to share with the world — weaving connections with other practitioners and creating occasions that safeguard **authenticity and essence.**

For the very first time, **Nuali opens its doors to a retreat**, welcoming us with its intimate and familiar energy.





A farm estate of over 19 hectares overlooking the sea, embraced by the ancient fragrance of the Mediterranean and surrounded by vineyards, orchards, fruit trees, olive groves, and citrus trees. Just a few minutes away lie enchanting beaches and sacred sites, **carrying the remote charm and ancestral power of Sardinia.**

It is a land cultivated with care and lived as a home, **where nature and human beings exist in dialogue and balance.**

A space that breathes, regenerates, and invites us to return to new life — together.

We will have at our disposal a **wide space for practice, both outdoors in nature and in a beautiful wooden and glass shala-pavilion:** a luminous space where natural materials and contemporary architecture blend in harmony with the surrounding land.





NINA

Nina is a curious soul, free-spirited and artistic, who follows the call of her heart with devotion. For the past eight years, she has made her home in Bali, a place that has nurtured and inspired her journey.

In her path, one feels the devotion of India and, in recent years, the resonance of the Peruvian jungle, where she studies each year with her Shipibo maestras the language of plants, dreams, and channeling.

Her practices are a fusion of multiple disciplines: deeply rooted in nature and shamanism, illuminated by the non-dual Tantric philosophy of Kashmir, by Embodied Flow, Body-Mind Centering, and ancestral medicines. She also integrates Body & Energy Work, Reiki, and Breathwork.

What Nina offers is vibrant and powerful: a weaving of embodiment, somatics, meditation, rituality, and sound healing — with music playing a central role in every practice.

Her method invites a journey of personal celebration, a ceremony of self-discovery, where the body becomes a map of spiritual awakening. A path to meet yourself exactly as you are, embrace all your parts, embody your true authentic nature, and rediscover a sense of deep belonging with the Earth.

In her practices, one can taste the vital interconnection with the Whole, embracing once more the collective responsibility each of us holds as co-creators of the reality we live in.

LALLA



Maria Laura is a professional dancer, yoga and dance teacher, and facilitator of transformative experiences.

Her approach interlaces movement, meditation, and spirituality: the body becomes a space of listening, presence, and energy.

Her spiritual journey began very early with the teachings of Osho, Vipassana meditation, and energy medicines. At twenty, in Brazil, she encountered the master plants for the first time through Kambô.

Later, in Los Angeles, she deepened her practice of yoga and Reiki (levels I & II), while continuing her career as a dancer.

After returning to Italy during the pandemic, she founded Mamakuna, an organization through which she led retreats of inner evolution in Piedmont and Liguria. A journey to India marked an important turning point: a moment of deep transformation in which she rediscovered herself through Bhakti Yoga – the path of devotion and sacred song.

In her journeys, dance, yoga, voice, meditation, and shamanic practices weave into profound experiences of reconnection.

Her smile illuminates places and hearts alike – a reflection of the light she cultivates within.

SCHEDULE OF THE DAY

8.00 - 9.30 Meditation & Practice

Light breakfast

Workshop (Dance, Eco-Somatics, Voice...)

12.30 Brunch

FREE TIME

16.00 – 18.00 Experience/Practice in Nature

FREE TIME

19.30 Dinner

21.00 Yoga Nidra, Sound Bath, Ceremonies,
Sharing Circles, Meditation

- The schedule may vary depending on weather and the group's needs.





WHAT'S INCLUDED

- Accommodation in a shared double room (single available upon request with extra fee)
- Two meals per day + snacks
- All practices as per program
- Workshops, ceremonies

NOT INCLUDED

- Flight, travel insurance
- Airport transfers (we recommend car rentals in groups)
- Alcoholic beverages
- Preventive medical needs
- One dinner

RETREAT COSTS

4 days / 3 nights – €950

Early Bird (valid until Sept 14, 2025): €890

If you are already in Sardinia and wish to join without food & accommodation: **€490**

*To confirm your spot: €250 deposit required.
Single room option for full stay: +€500 supplement.*

- **Balance** due by October 10, 2025.
- **Cancellation policy:** deposit non-refundable, but transferable as credit toward future retreats with us.
- **Option to pay in 3 instalments**, with final balance due by retreat start date.
- A signed liability waiver must be returned before the retreat begins.



HOW TO ARRIVE

The closest airport is **Olbia Costa Smeralda**.

From there, you have several options:

- Private transfer (we can arrange this upon request).
- ARST bus (Line 601) directly to Palau.

Our recommended option is Car rentalit gives you full autonomy and the freedom to explore the surroundings. Many participants choose to share a car, making the journey together while splitting costs.

- Bycar or taxi: about 40 minutes.
- Alternatively, you can arrive by ferry to Olbia or Golfo Aranci and continue by land to Palau (40–60 km).