



LARUGA GLASER
Tuscan retreat

13.06 | 20.06.2026

OLOS LOGOS
Experientia Naturae

Schedule

SATURDAY 13TH JUNE 2026

FROM 15.00	CHECK-IN
17.00	INTRODUCTION & MEETING WITH LARUGA
19.30	WELCOME TUSCAN DINNER

A TYPICAL DAY - FROM 14TH TO 19TH JUNE 2026

07.00 - 09.00	MYSORE CLASS
<i>break</i>	FRESH SNACKS
09.30-11.00	DAILY IN-DEPTH OF ASHTANGA
11.30	HEALTHY BRUNCH FROM OUR BIO FARM
<i>activities as</i>	EXCURSIONS, MASSAGES, SAUNA, POOL & CHILL TIME - SOAP MAKING CLASS
19.30	TUSCAN DINNER

20TH JUNE

08.00 - 09.00	CHEERS BREAKFAST
<i>greetings!</i>	

Rates

LARUGA YOGA RETREAT

includes:

6 MYSORE CLASSES

6 IN-DEPTH PRACTICES

1 AYURVEDIC MASSAGE

1 AYURVEDIC SAUNA

7 ALL INCLUSIVE DAYS

1 SOAP MAKING CLASS

1 EXCURSION IN THE COUNTRYSIDE

1 APERITIVO IN AREZZO/TASTING WINERY



SHARED ROOM

2.300 €/P

+



SINGLE PRIVATE ROOM

2.700 €/P



The stay includes meals specially designed by our naturopathic nutritional consultant Daniela and prepared by our tuscan chef Caterina.



LARUGA GLASER

HAS BEEN PRACTICING ASHTANGA YOGA CONTINUOUSLY FOR OVER 23 YEARS. STARTING AT THE BEGINNING OF HER 20S, SHE WAS IMMEDIATELY DRAWN TO THE PRACTICE AFTER WORKING WITH OTHER FORMS OF YOGA YEARS PRIOR. AFTER ESTABLISHING A COMMITTED PRACTICE SHE THEN DEEPENED HER STUDIES TRAVELING TO MYSORE, INDIA ANNUALLY TO PRACTICE AT KPJAYI WHERE THE LATE SRI K. PATTABHI JOIS TAUGHT AND NOW HIS GRANDSON, R. SHARATH JOIS TEACHES. LARUGA HAS MADE MORE THAN 14 TRIPS TO MYSORE AND IS ON A MISSION TO CONTINUE TO LEARN AND GROW AS A STUDENT AS WELL AS A TEACHER. SHE IS ONE OF THE FEW IN THE WORLD WHO HAVE BEEN GIVEN THE DISTINCTION OF BEING CERTIFIED TO TEACH UP TO ADVANCED B, WHICH IS NOT EASILY GIVEN AND TAKES MANY YEARS TO EARN. THROUGH IT ALL, LARUGA TEACHES AS AN ACT OF DEEP SHARING AND LOVE FOR WHAT YOGA DEVELOPS IN EACH INDIVIDUAL, FACILITATING SPACE TO OPEN, CHALLENGE, AND INSPIRE THOSE TO REALIZE THEIR INHERENT POTENTIAL, AND HAS BEEN PERSONALLY INVITED ALL OVER THE WORLD TO DO SO.



Take a deep breath....



... and relax!