



EXPERIENCE

MensCorpore

STEP 1



LEAF



NATURE

Now I see the secret of making the best person: it is to grow
in the open air and to eat and sleep with the earth.

Walt Whitman

STEP 2



FIELD



TERRITORY

I need to know the history of a food. I have to know where it comes from.
I have to imagine the hands that have grown, worked and cooked what I eat.

Carlo Petrini

STEP 3



INFINITY

MINDFULNESS

Mindfulness means being awake.
It means knowing what you are doing.
Jon Kabatt-Zinn

IL LOGO



PEOPLE



CULTIVATE

Growth and well-being experiences
for your most important resource: the people.

EXPERIENCES



MEETING

TEAM BUILDING



EXPERIENCES



SINGLE

Single Experiences last from two hours to half a day and take place with your work colleagues. Through yoga, outdoor activities, food and wine tastings, meetings with artisans, and team-building exercises, our trainers help participants bring attention to their senses, to the environment, to relationships within the group, and to food.

Each Experience can be enjoyed on its own or in combination with others, depending on the needs and objectives of your group. We offer advice on making the right choice, and will shape the Experience to provide you with the outcomes your group needs.

EXTRA LARGE

Our Extra Large Experiences last two days, include accommodation and meals, and take place with your work colleagues. Through food, wine, and group activities, they help cultivate collective well-being and the creation of connections within your own self and the larger group.

The places we select for these Experiences epitomize our understanding of hospitality and conviviality. Our partners combine passion for their work with attention to ecological balance. Each represents family projects and small-scale artisanship, while nonetheless expressing exceptional professional skill and humanity.

HANDS ON PASTA



Experience

SINGLE

Making pasta can be more than a simple series of steps if it is done mindfully and with awareness. Smell, touch, sight, and taste come together as an anchor for attention and a source of wonder.

Preparing, kneading, stretching, cooking, and saucing or seasoning the pasta all become a meditative process. The body learns to enact its full sensory potential while the mind learns to relax. If it is true that we are what we eat, then a plate of tagliatelle is food for both the body and the soul.

- Piedmont Pollenzo Food Lab*
- 4 hours
- Indoor
- max 15
- 1500€** + VAT



* this price include the rent of the Food Lab and it may change depending on the location.
** Prices might vary depending on the season and the number of participants

LIVING NATURE



Experience

SINGLE

These walking tours take participants into places they might otherwise overlook—parts of a hillside or valley with unique stories and vistas, spaces inside our consciousness that help us know ourselves better.

“Forest bathing” has been shown to be very beneficial for human health, an experience that produces a profound sense of well-being and connected with nature. More than a simple walk, Living Nature is meditation in movement, led by an expert guide. Immersed in the sounds of a meadow, vineyard, or woodland, the participants’ attention is drawn from one environmental sensation to another, and then inward, to the rhythms of their own bodies. The result is a mind at peace.



Piedmont
Langhe,
Roero*



2 hours



Outdoor



max 15



600€**
+ VAT



* Or another location.

** Prices might vary depending on the season and the number of participants

SENSORY SOUL







Experience

SINGLE

Sensory Soul Experiences are led by our mindfulness trainer, helping participants maintain a direct connection with their own senses. Mindful observation and mental focus become habitual, all through one of the most ordinary acts we perform daily: eating.

The essential taste of place comes to life during these moments, as participants take a sensory voyage through a series of dishes, each prepared with local, artisanal, seasonal, and organic ingredients.

Menus are conceived with the objective of stimulating and sometimes deceiving the senses: a plate of plain boiled rice might reveal itself as not so plain, just as an innocuous blade of grass might enrapture the tongue.

-  Location on request
-  Max 2 hours
-  Indoor + Outdoor
-  max 15
-  **GROUP PRICE**
900€* + VAT



* Prices might vary depending on the season and the number of participants

ARTISANS OF TASTE



These guided tours introduce participants to local Italian food artisans and to the value they create—both for eaters and for the territory in which they have chosen to live and work.

We choose to work with them because of their craft and creativity, their dedication to gastronomic tradition, and their efforts to preserve and improve the environment.

During these Experiences, which last about two hours, participants learn about the producers' work, including their approach to the environment and the way they try to communicate the surrounding region through their products. And it all concludes with an indulgent tasting, of course. Deeply meditative and sensorial at once, these visits bring participants to a fullness of mind-body enjoyment, a unique food-and-environment experience.

Experience

SINGLE



Piedmont
Langhe,
Roero.
Lombardy
Milano,
Cremona



3 hours



Indoor
+ Outdoor



max 15



800€*
+ VAT

* Prices might vary depending on the season and the number of participants

CONVIVIUM



Experience



SINGLE

This team-building Experience focuses on conviviality, and creates an occasion for taking care of oneself and of each other through the multisensory moment of the meal.

From the menu to the table, the ambiance to the entertainment, participants become fully immersed in themselves and in those around them, an experience for both body and soul.

More than just team-building, this is meal-building. The result is a shared process of design, coordination, and making, and an intense sensation of collectivity.



Piedmont
Langhe,
Roero.
Lombardy
Milano,
Cremona



4 hours



Indoor



max 25



2600€*
+ VAT

* Prices might vary depending on the season and the number of participants

GARDEN OF SENSES



Experience



SINGLE

This sensory journey through the vegetable garden uses the fruits of the earth as a means for personal transformation. Participants are taken on a walk among the planters, during which they sample directly from what the soil has to offer.

This experience is guided by an MCE mindfulness instructor, who helps participants stay in contact with their senses and train their powers of concentration and observation. In this way, a gustatory experience becomes an intimate and personal experience, stripped of pre-existing assumptions or frameworks. Moreover, the importance of seasonality comes forward—that essential connection between humans and the ecosystem in which they live.



Piedmont
Langhe,
Lombardy
Cremona



2 hours



Outdoor



max 15



700€*
+ VAT

* Prices might vary depending on the season and the number of participants

SUMMIT YOGA



Experience



SINGLE

These Experiences are centered on vinyasa yoga sessions that take place in environments that increase participants' awareness of the continuity among yoga, space, and time.

Weather permitting, Summit Yoga programs take place at the top of one of the famed Langhe hills, or among the vines and wooded areas that are typical of the Langhe and Roero regions. During winter or rainy seasons, the sessions are held in more protected settings that nonetheless evoke a strong connection and sense of immersion within the territory.

In either case, the natural environment and our mindful guidance help individuals integrate the wholeness of the experience. They gain an acute consciousness of their bodies, their deep and regenerative breathing, and the spectacular surrounding landscape.

- Piedmont Langhe, Roero*
- 2 hours
- Indoor + Outdoor
- max 15
- GROUP PRICE**
600€** + VAT



* Or another location.
** Prices might vary depending on the season and the number of participants

WINEFULLNESS



Experience



SINGLE

The Winefulness Experience is not a conventional tasting—all analysis and commentary and evaluation. Instead, it is guided meditation in which the wine becomes a kind of drishti—a point of focus for our perceptual gaze. Participants remain in contact with the flow of sensory stimuli that such experiences naturally generate, returning to presence whenever thoughts of past or future draw their attention away. This Experience is as unusual as it is engaging, a path towards developing awareness, the most precious resource we can possess.



Location on request



1,5 hours



Indoor



max 15



800€* + VAT



* Prices might vary depending on the season and the number of participants

NATURE RUN



Experience

SINGLE

Amid the chaos of everyday life (at work and elsewhere), it can feel like we're constantly running to meet our commitments and deadlines. Yet this generally produces little satisfaction, whether mental, physical, or emotional. A better chase is to go after activities that bring well-being into ourselves: boosting the metabolism, keeping the body healthy, promoting endorphins and lowering stress levels, improving breathing, and maintaining an active brain. When done in nature, under the guidance of a mindfulness trainer who can help keep attention focused on sensation, perception, and place, the benefits multiply.



Piedmont
Langhe,
Roero*



2 hours



Outdoor



max 15



600€**
+ VAT



* Or another location.

** Prices might vary depending on the season and the number of participants

WILDEN HERBALS








Experience

SINGLE

This is a unique team-building activity that combines self-care with collaboration, playing with the idea of blending and sharing, and suitable for multiple organizational needs.

The botanical world has always helped humans find valuable sources of care, both for specific ailments as well as more general needs related to strength and well-being.

After an introductory lesson on the origins, characteristics, and therapeutic properties of the plants that will be made available, teams will create their own infusions. They will then celebrate their creations with tea ceremony that is both meditative and convivial at once.

-  Location on request
-  2,5 hours
-  Indoor
-  max 15
-  **GROUP PRICE**
700€* + VAT



* Prices might vary depending on the season and the number of participants

TRY A LITTLE MINDFULNESS



Experience



SINGLE

“Awareness” refers to the ability to bring attention to the present moment, and then to maintain an attitude of generosity and openness to what happens both inside and out. As has been shown by research, awareness practices can be extremely effective for reducing the stress and tensions that negatively affect our lives.

-  Location on request
-  2 hours
-  Indoor + Outdoor
-  max 15
-  **GROUP PRICE**
600€*+ VAT



* Prices might vary depending on the season and the number of participants

CASCINA LAGO SCURO



Experience

EXTRA LARGE

Immersed in the countryside of Cremona, this splendid 1600s farmstead includes vegetable garden and stables, as well as a dairy, salumi kitchen, and restaurant. All is managed by a delightful family who think and act holistically, bringing together quality, hospitality, and authenticity. The possibilities at Cascina Lagoscuro are (almost) endless.

The experiences that can be offered between work sessions in this structure are:

- Living nature
- Summit Yoga
- Covivium
- Orto dei Sensi
- Wilden Herbals
- Sensory Soul



Lombardy
Cremona



1 day



Indoor
e outdoor



min 5
max 20



250€*
+ VAT (cad)

* Prices might vary depending on the season and the number of participants

CA' DEL RE



Experience

EXTRA LARGE

An idyllic pergola, a traditional kitchen with roots going back generations, some of the most prestigious vineyards of Barolo, and a wine cellar without equal. This is Ca' del Re, an agriturismo that is unique in its authenticity and atmosphere. This is a place for play and wonder.

The experiences that can be offered between work sessions in this structure are:

- Living nature
- Summit Yoga
- Nature Run
- Covivium
- Winefulness
- Hands on Pasta
- Wilden Herbals



* Prices might vary depending on the season and the number of participants

REVA



Experience

EXTRA LARGE

If wellness incorporates beauty, Reva is a place that will make you feel very well. Nestled in the Barolo vineyards and surrounded by walking trails, the resort offers a curated wine cellar, a critically acclaimed restaurant, a swimming pool with breathtaking views, and the pleasures of a very elegant spa.

The experiences that can be offered between work sessions in this structure are:

- Living nature
- Summit Yoga
- Nature Run
- Winefulness
- Wilden Herbals
- Sensory Soul



Piedmond
Langhe



2 days



Indoor
e outdoor



min 5
max 20*



450€*
+ VAT (cad)

AGENZIA DI POLLENZO



Pollenzo represents the intersection of King Carlo Alberto of Savoy's neo-Gothic vision and the eco-gastronomic objectives of Slow Food International. It is a place that brings together a unique, food-focused university, the world-renowned Banca del Vino (a living archive of wine), the Pollenzo Food Lab, a luxurious hotel, and a community of gastronomes from 80 countries, all working to reimagine the future of food.

The experiences that can be offered between work sessions in this structure are:

- Covivium
- Winefulness
- Hands on Pasta
- Wilden Herbals
- Sensory Soul

Experience

EXTRA LARGE

 Piedmont Langhe

 2 days

 Indoor e outdoor

 min 10 max 30

 550€* + VAT (cad)

* Prices might vary depending on the season and the number of participants

ROERO MON AMOUR



Experience

EXTRA LARGE

The region of Roero remains one of the most unchanged parts of Piemonte, where forests and fortresses mingle with rustic vineyards. It is an ideal place for outdoor group activities and encounters with the flavors and people that the area to life.

The experiences that can be offered between work sessions in this structure are:

- Living nature
- Summit Yoga
- Nature Run
- Winefulness
- Artisan of taste



* Prices might vary depending on the season and the number of participants



EXPERIENCE

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