



IL GIARDINO DI MANIPURA

Agriturismo and educational Farm



Natural experience packages at Il Giardino di Manipura, Agriturismo and Educational Farm in Massarosa (LU) in Tuscany



We are an Agriturismo and Educational Farm, "Il Giardino di Manipura," located in Massarosa (LU), in the green heart of Versilia. We are a peaceful oasis that offers experiences, events and workshops aimed at connecting with nature, perfect for both adults and children.

Within our Agriturismo, you will discover:

Relaxation areas overlooking our beautiful pond, where you can enjoy our km0 tastings made with genuine and fresh products from our garden.

Our workshops and the Bio Bottega Oligea, where you can follow our entire process, from the seed to the finished product. In our Bio Bottega you will find all our km0 and organic excellence designed for your well-being.

Grandpa Amedeo and his small agricultural museum, for a journey into the past thanks to tales of life experiences and farming traditions, when everything was made by hand, with complete respect for nature.

Wonderful Botanical Garden, where you can get up close and personal with our eucalyptus trees, the medicinal plants, rare plants, our collection of roses and hibiscus, cereals and produce horticulture and a small greenhouse of tropical fruit plants.

Air-conditioned, indoor greenhouses in which to take refuge and find warmth on the most coldest days of the year, to experience beautiful days in contact with nature in all seasons.

Our doors are open year-round, Monday through Saturday from 10 a.m. to 7 p.m., Sundays open by reservation or event.

Hours may vary depending on the season, so we recommend that you contact us at 3533433488 or at www.ilgiardinodimanipura.it

Come visit us at Via dei Cavalli, 176, 55054 Massarosa LU, Tuscany.

"Nature and Wellness" Package



With the Nature and Wellness Package, you will take a sensory journey in contact with nature to discover the scents, properties and secrets of the medicinal plants that we grow on our Farm.

You will experience one of these workshops of your choice:

- **Create Your Own Scent workshop**, a unique experience where we will be inspired by the enveloping notes of our organic essences.
- **Aromatherapy Workshop**, a sensory journey through the scents and properties of our essential oils, we will discover how to use them in our everyday life to awaken emotions and memories
- **Distillation Workshop**, we will enter our laboratories to learn, step by step the magical process that transforms a medicinal plant into a precious essential oil, we will unveil the secrets of the extraction methods of our essential oils and our production chain.
- **Natural Remedies workshop**, we will discover the precious gifts that nature offers us, through the making of natural remedies according to ancient traditions for the well-being of body, mind and soul.

A tour of our Farmhouse with the small agricultural museum of Nonno Amedeo, the Botanical Garden and the Bio Bottega Oligea, where you can find all our excellence at km 0; to conclude we will relax under the olive trees with a view of our Manipura Pond.

From 2 to 4 people: cost 50 euro per person

From 5 to 7 people: cost 45 euro per person

Over 8 people: cost 40 euro per person

Duration: 2 hours

"Botanical printing" Package



With the "Botanical Printing" Package, you can experience the step-by-step process of making special fabrics by colouring them with the imprint of nature and natural dyes. You will discover how each part of the plant can transform ordinary fabrics into unique masterpieces.

Every leaf, flower and branch becomes a unique and fascinating work of art.

This will be followed by a tasting session with local, km0 products, also possible in a vegetarian and/or vegan version.

A tour of our farmhouse with the small agricultural museum of Nonno Amedeo, the Botanical Garden and the Bio Bottega Oligea, where you can find all our excellence at km 0; to conclude we will relax under the olive trees overlooking our Manipura Pond.

From 2 to 4 people: cost 150 euro per person

From 5 to 7 people: cost 130 euro per person

More than 8 people: cost 100 euro per person

Duration: 4 hours

"Wellness Travel" Package



With the Wellness Journey Package, you can participate in the experience of extraction of our essential oils, step by step we will move between Alembics and Florentine Vases, to discover all the steps that from a medicinal plant allow us to obtain the essential oil. An exciting olfactory Journey in which we will reveal the benefits of essential oils applied in everyday life.

This will be followed by a tasting session with local, km0 products, also possible in a vegetarian and/or vegan version.

A tour of our Farmhouse with the small agricultural museum of Nonno Amedeo, the Botanical Garden and the Bio Bottega Oligea, where you can find all our excellent products at km 0; to conclude we will relax under the olive trees overlooking the our Manipura Pond.

From 2 to 4 people: cost 80 euro per person

From 5 to 7 people: cost 75 euro per person

Over 8 people: cost 65 euro per person

Duration: 3 hours

“Make with love” Package



With the "Handmade with Love" Package, you will participate in the Create Your Own wreath, to learn how to handweave branches and create beautiful natural wreaths. A Journey back in time to re-embrace the connection with our land and our traditions, discovering the care and manual dexterity it takes to join by hand the branches, along with the fronds of our organic eucalyptus.

This will be followed by a tasting session with local, km0 products, also possible in a vegetarian and/or vegan version.

A tour of our Farmhouse with the small agricultural museum of Nonno Amedeo, the Botanical Garden and the Bio Bottega Oligea, where you can find all our excellent products at km 0; to conclude we will relax under the olive trees overlooking our Manipura Pond.

From 2 to 4 people: cost 80 euro per person
From 5 to 7 people: cost 75 euro per person
Over 8 people: cost 65 euro per person

Duration: 3 hours

“Live life on the farm” Package



With the "Experience Farm Life" Package, you will discover the treasures, landscapes and crops along the route of La Via delle Erbe e dei Fiori, on foot or riding one of our bicycles. You will get to see our large plantations of eucalyptus, hops and helichrysum and visit other farms in the area, with a vision of tourism that is sustainable and responsible.

A tour of our Farmhouse with the small agricultural museum of Nonno Amedeo, the Botanical Garden and the Bio Bottega Oligea, where you can find all our excellent products at km 0; to conclude we will relax under the olive trees overlooking our Manipura Pond.

This will be followed by a tasting session with local, km0 products, also possible in a vegetarian and/or vegan version.

From 2 to 4 people: cost 85 euro per person

From 5 to 8 people: cost 75 euro per person

More than 8 people: cost 65 euro per person

Duration: 3 hours

“Children and Nature” Package



With the "Kids and Nature" Package, your children will participate in a creative and sensory workshop in contact with nature, they will touch the natural elements and will breathe the rhythm of nature.

Workshops may be for example "From flower to flower" to discover the secrets of the world of bees, "Grandpa Amedeo and ancient crafts" to learn about life in the old time with grandfather's games and small farming activities.

Included is a small km0 snack.

While the children play, a tour of our farmhouse with the small agricultural museum of Nonno Amedeo, the Botanical Garden and the Bio Bottega Oligea, where you will be able to find all our excellent products at km 0; to conclude we will relax under the olive trees overlooking our Manipura Pond.

From 2 to 4 children: cost 50 euro per person
From 5 to 7 children: cost 45 euros per person
Over 8 children: cost 40 euros per person

Duration: 3 hours

“Flavors of Tuscany” Package



With the Package "Flavors of Tuscany" you will have a tasting with local products at km0, also possible in vegetarian and/or vegan version, including a glass of our craft and organic eucalyptus beer and our dessert of the day.

Alternatively, you can enjoy our Picnic Basket, with sandwich filled with local products, the Eucalyptus, tasty dark bread with local cheese, pesto with basil, walnuts and pine nuts (no garlic), tomatoes from the garden, dessert of the day, fresh fruit in season and water.

A tour of our farmhouse with the small agricultural museum of Nonno Amedeo, the Botanical Garden and the Bio Bottega Oligea, where you can find all our excellent products at km 0; to conclude we will relax under the olive trees overlooking our Manipura Pond.

From 2 to 4 people: 35 euro per person

From 5 to 7 people: 30 euro per person

Over 8 people: 25 euro per person

Duration: 2 hours

“Bikenic the bicycle picnic” Package



With the Package "Bikenic, a bike picnic" you can discover the wonders of our territory, with an itinerary designed for families or for those who are looking for original and fun activities surrounded by nature.

Upon your arrival you will receive a map to independently explore "La Via delle Erbe e dei Fiori", we will provide you with a bicycle for the duration of two hours and a picnic basket with our km0 sandwich filled with nostrale cheese, basil pesto, walnuts and pine nuts (no garlic), tomatoes from the garden, dessert of the day, fresh seasonal fruit and water, which you can enjoy wherever you most desire.

A tour of our farmhouse with the small agricultural museum of Nonno Amedeo, the Botanical Garden and the Bio Bottega Oligea, where you can find all our excellence at km0; to finish we will relax under the olive trees overlooking our Manipura Pond.

From 2 to 10 people: cost 45 euro per person

Duration: 3 hours

“Manipura world” Package



With the "Manipura World" Package, we will go on a walk to discover our lands along "La Via delle Erbe e dei Fiori" and we will stop for a moment of meditation and relaxation. We will then return to our Agritourism and Educational Farm.

This will be followed by a tasting session with local, km0 products, also possible in a vegetarian and/or vegan version.

A tour of our farmhouse with the small agricultural museum of Nonno Amedeo, the Botanical Garden and the Bio Bottega Oligea, where you can find all our excellence at km 0; to conclude we will relax under the olive trees overlooking our Manipura Pond.

From 2 to 4 people: cost 65 euro per person
From 5 to 7 people: cost 55 euro per person
Over 8 people: cost 50 euro per person

Duration: 3 hours

“Chakra Manipura” Package



With the "Chakra Manipura" Package, we will go on an inner journey together that will begin with a relaxation/meditation session immersed in the pristine nature setting of our farmhouse.

This will be followed by a tasting session with local, km0 products, also possible in a vegetarian and/or vegan version.

In the afternoon, the journey will continue through a guided olfactory experience, where we will breathe in the strength and vitality of the natural essences that we extract from our medicinal plants, directly in our labs.

A tour of our Farmhouse with the small agricultural museum of Nonno Amedeo, the Botanical Garden and the Bio Bottega Oligea, where you can find all our excellent products at km 0; to conclude we will relax under the olive trees with a view of our Manipura Pond.

From 2 to 4 people: cost 100 euro per person

From 5 to 7 people: cost 90 euro per person

Over 8 people: 80 euro per person

Duration: 4 hours

Note: All packages can be customized according to the preferences and needs of the guests. Prices may vary based on availability. We offer flexible options so that we can fully meet the guests' requests.



Il Giardino di Manipura



contacts +39 353 343 3488 - www.ilgiardinodimanipura.it

JANUARY 2024

- 17 Pizza in Manipura
- 27 Botanical Printing

FEBRUARY 2024

- 10 Carnival in Manipura
- 24 Nature and Wellbeing

MARCH 2024

- 8 Women and Nature
- 9 Botanical Printing
- 17 Time with dad
- 23 Make your own wreath

APRIL 2024

- 1 Easter Monday in Manipura
- 20 Botanical Printing
- 21 The colors of the earth
- 27 Nature and Wellbeing

MAY 2024

- 12 Mother's Day
- 19 Flowers, bees and butterflies
- 26 Nature and Wellbeing
- All month** Rose garden in bloom

JUNE 2024

- 6 Gong bath
- 9 Flavors and aromas in the kitchen
- 23 St. John's Night
- 15-16-22-23 La Via delle Erbe e dei Fiori
- All month** Manipura in bloom

JULY 2024

- 13 Nature and Wellbeing
- 15 Ecstatic dance
- 20 Painters in the field
- All month** Hibiscus and sunflowers in bloom

AUGUST 2024

- 1 Sound bath
- 10 Night of San Lorenzo
- 24 Everyone on the pitch
- All month** Hops and cotton in bloom

SEPTEMBER 2024

- 14 Botanical Printing
- 28 Nature and Wellbeing

OCTOBER 2024

- 19 Make your own wreath
- 27 Pumpkin time

NOVEMBER 2024

- 3 Waiting for San Martino
- 16 Nature and Wellbeing
- 30 Make your own wreath

DECEMBER 2024

- All saturday** Waiting for Christmas

YOU CAN DO IT

Every Saturday
Every two Sundays

Children and Nature
Qigong

FOR GROUPS AND/OR PRIVATE SESSIONS

Experiences on request

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Nature and Wellbeing

Aromatherapy
Distillation of essential oils
Create your own perfume
Natural remedies
Sound bath
Guided meditation
Qigong
Bach flowers

Handmade with love

Make your own wreath
Creative recycling
Botanical print
Hands in the dough

Life on the farm

Hen and stag parties
Live your birthday with us
Bikenic the bicycle picnic
Discovering our territory
Local tastings at km0

Children and Nature

Educational Farm
Get involved with your school