

# Retreat to Tuscany

*Awaken the Leader in You!*

*A Full immersion Coaching and Retreat Program based in Tuscany*

**Live like a Tuscan in a Private Villa with a group designed just for you**

- A personal journey of awakening through a week of unique adventures focused on self-care and wellbeing, as you reconnect with **YOU!**
- A small, private group retreat for 8-12 women for a 1-week guided, full-immersion Tuscan experience
- Settle into the Tuscany lifestyle in your private villa that is nestled in the heart of Montisi, a vibrant small medieval hill town that is centrally located in the beloved *Toscana* region of Italy
- Includes your private room with an ensuite bathroom at the gorgeous Villa Maddalena for 7 nights and 6 days of customized, guided tours and excursions (including some private and exclusive events designed just for this group), daily breakfast and group dinners, an off-site organic cooking class at a private family-owned farm, wine, cheese and olive oil education, shopping in lively Tuscan villages, art and history education, and daily transportation via private touring van
- Morning yoga lessons with transformational coaching exercises designed to help you focus on self-care and personal development for the leader in you



Will you say “YES!”?

*“Theresa Callahan’s **Retreat to Tuscany** program exceeded my expectations! She has thoughtfully curated experiences to allow the participants to live fully in their truth. The magic that happens is indescribable. I came home feeling more self actualized and full of love.”- Retreat participants, May 2018*

*“The retreat and coaching concepts, daily excursions and experiences were all planned down to the detail. It was magnificent.”  
Retreat participant, October 2018*

*“What did I learn while at **Retreat to Tuscany**? To live life and enjoy every moment. This trip woke me up to what I am missing in life. I need to spend more time with women and explore the world more. I learned so much and was so inspired by the other women in our group.”  
Retreat participant, October 2018*

*“There is something about being in this village, participating in these daily experiences in Tuscany, that is transformational. I’ve never experienced anything like it.”  
Retreat participant, May 2018*

## **INCLUDED IN YOUR FULL IMMERSION **RETREAT TO TUSCANY** PROGRAM**

- ❖ Three monthly group videoconference coaching and education events with your **Retreat to Tuscany** travelers that include Individual and Group Coaching Exercises that will help you prepare and set powerful group intentions
- ❖ Education about the traditions and rituals of the Italian culture and your village of Montisi, along with a packing checklist and travel tips
- ❖ An in-house Travel Consultant to help you with all of your pre- and post-Retreat travel needs
- ❖ A special care package that includes gifts that will help to make your travels easy and fun!

Learn more and download application at: [www.RetreatToTuscany.com](http://www.RetreatToTuscany.com), or contact Theresa direct at [TC@TheresaCallahan.com](mailto:TC@TheresaCallahan.com), or 425-241-4855

***Invest in YOU for an experience of a lifetime!***  
**Garden View Room Single Occupancy: \$3525**  
**Village View Room Single Occupancy: \$3325**  
**\*Discounts for shared rooms and apartments**

*“You may have the Universe, if I may have Italy.”  
- Giuseppe Verdi*