

Retreat to Tuscany



A Coaching and Retreat Adventure Series!
Are you ready to have an Adventure of a Lifetime in Tuscany?

NEW! Adventure Series!

- A personal journey of awakening through a week of **unique bucket-list adventures** focused on bringing joy and adventure back into your life as you reconnect with **YOU!**
- A small, private full-immersion Tuscan group retreat that features some unique and customized experiences designed just for you:
 - ❖ Biking through Tuscany, followed by a gourmet Tuscan lunch
 - ❖ Hiking into the wine caves and through the hills of Val D'Orcia
 - ❖ Truffle Hunting through the private countryside of Montisi
 - ❖ Hot Air Ballooning over Tuscany
 - ❖ A full day of cooking classes and education at a world-class family-run organic farm
 - ❖ An in-house private chef, yoga teacher and massage therapist
 - ❖ AND SO MUCH MORE!!!!
- Immerse yourself into the Tuscany lifestyle in your private villa 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 6 nights and 5 full days of customized, guided tours and all meals



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

Invest in YOU for an experience of a lifetime!
Garden View Room Single Occupancy: \$4925
Village View Room Single Occupancy: \$4725
***Discounts for shared rooms and apartments**

To prepare for your FULL IMMERSION **RETREAT TO TUSCANY Program, receive:**

- ❖ 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
- ❖ 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, or contact Theresa direct at Theresa@RetreatToTuscany.com, or 425-241-4855

"You may have the Universe, if I may have Italy."
- Giuseppe Verdi