

Retreat to Tuscany

Reconnect With Your Joy Through Adventure & Travel

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

- By design, we help you set intentions and slow down for a week to connect with other supportive women and reconnect with yourself and to what matters most.
- Includes self-discovery work that will be joyful, nourishing and all about you. Someone else has the wheel to help guide you through your journey.
- Live like a Tuscan and immerse yourself in the people, culture, food and landscape that will awaken your senses, stir your soul and inspire you.
- Includes your private room with an ensuite bathroom at the gorgeous Villa Maddalena for 6 nights and 5 days of customized, guided tours and excursions (including some private and exclusive events designed just for this group), daily breakfast and group dinners, group cooking classes with our beloved in-house chef, truffle hunting, wine, cheese and olive oil education, shopping in lively Tuscan villages, art and history education, and daily transportation via private touring van
- Optional morning yoga and meditation lessons with transformational coaching exercises designed to help you focus on self-care and personal growth



Say YES to YOU!

*“The **Retreat to Tuscany** program exceeded my expectations! The Retreat Team 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 participant, May 2018

“This experience reminded me that living simply and lovingly is beautiful. There is a place in my heart that will always bring me back to Tuscany. I knew deep in my soul that I needed to go. And I was right.

Retreat participant, October 2019

“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 2022

“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 2022

Invest in YOU for an experience of a lifetime!
Garden View Room Single Occupancy: \$4975
Village View Room Single Occupancy: \$4775
****Discounts for shared rooms and apartments***

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

- ❖ Three monthly videoconference coaching and education events prior to travel with your **Retreat to Tuscany** group 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
- ❖ Support with travel planning for all of your pre- and post-Retreat travel needs
- ❖ A special care package that includes gifts and materials 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