

# 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 a gorgeous Tuscan Villa 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 with a private chef, group cooking classes, truffle hunting, wine, cheese and olive oil education, shopping in lively Tuscan villages, immersive 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.



### 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 unique traditions and rituals of the Italian culture deep in the heart of Tuscany, 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](http://www.RetreatToTuscany.com), or contact Theresa direct at [Theresa@RetreatToTuscany.com](mailto:Theresa@RetreatToTuscany.com), or 425-241-4855

## 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**

*"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**

*"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**

*"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**

**Invest in YOU for an experience of a lifetime!**  
**Garden View Room Single Occupancy: \$6175**  
**Village View Room Single Occupancy: \$5725**  
**\*Discounts for shared rooms and apartments**

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