

RETREAT TO TUSCANY™

Experience The Journey

A TRANSFORMATIONAL RETREAT
DESIGNED TO HELP YOU SLOW DOWN,
RECONNECT WITH YOURSELF, AND
CREATE LASTING CHANGE.

THE RETREAT EXPERIENCE



SLOW DOWN

Step away from the noise and immerse yourself in the beauty and simplicity of Tuscany.



CLARITY

Gain perspective, reconnect with what matters most, and create space for what's next.



REJUVENATE

Nourish your body, mind, and soul with delicious food, movement, and restorative practices.



CONNECT

Share this journey with like-minded women in a supportive and encouraging community.



TRANSFORM

Leave with renewed confidence, a clear vision, and the tools to create your next chapter.

MY PROMISE

On Monday morning, you'll wake up feeling more like yourself than you have in years.

By stepping away from the noise, you'll slow down, reconnect with yourself, and hear your own voice again.

You won't leave with all the answers, but with something even more valuable:

*the clarity to know what matters most,
the confidence to trust yourself, and the
courage to intentionally create your
next chapter.*

You arrived searching for clarity.

*You'll leave
trusting yourself again.*



YOUR RETREAT INCLUDES



BEAUTIFUL TUSCAN ACCOMMODATIONS

Rest in a private or shared room in a stunning villa.



NOURISHING ITALIAN CUISINE & PASTA CLASSES

Enjoy delicious, locally sourced meals prepared with love.



RESTORATION & YOGA

Yoga, meditation, and practices to renew your body and mind.



VIP TOURS & ADVENTURES

Explore Tuscany with exclusive tours and unforgettable experiences.



SUPPORTIVE COMMUNITY

Connect with amazing women and build lasting bonds.



Learn more and reserve your spot:
www.RetreatToTuscany.com



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SEPTEMBER 5–11, 2027

LIVE LIKE A TUSCAN — WITH EVERYTHING DESIGNED FOR YOU

For six nights, Tuscany becomes your home. You'll settle into a private villa and experience the people, culture, food and landscape in a way most travelers never do.

This isn't a tour where you're rushing from place to place. Someone else has the wheel. Your week is thoughtfully curated so you can slow down, be fully present and simply experience it.

YOUR RETREAT EXPERIENCE INCLUDES

SIX NIGHTS IN A BEAUTIFUL PRIVATE TUSCAN VILLA, with ensuite accommodation.

GROUP COACHING EVENTS leading up to your Retreat Week to help you prepare, get to know the other participants, and set powerful intentions to leverage your experience.

DAILY BREAKFAST AND BEAUTIFUL GROUP DINNERS, including meals prepared by a private chef and dinner parties at local ristoranti.

AUTHENTIC VIP TUSCAN ADVENTURES, such as cooking, wine, cheese and olive oil education, art & history, shopping in lively villages and other special experiences unique to the week.

PRIVATE TRANSPORTATION THROUGHOUT THE RETREAT, so you can relax and enjoy Tuscany without worrying about logistics.

MORNING YOGA AND MEDITATION CLASSES, AND AN AFTERNOON AT THE MINERAL BATHS, along with intentional coaching and reflection designed to help you slow down and reconnect with yourself.

YOUR INVESTMENT

*Invest in YOU for an experience
of a lifetime!*

*Single Occupancy in your
Private en-suite Room*

\$8,450 pp

Discounts for shared rooms

A non-refundable deposit
secures your spot.
Payment plans available.

FROM THE MOMENT YOU SAY YES...

We'll help you prepare for the journey—both practically and personally—so when you arrive in Tuscany, you can exhale and be fully present.

We'd love for you to join us in Tuscany.

SPACE IS LIMITED. RESERVE YOUR PLACE TODAY!

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