

Total Relaxation in Tuscany!

Ladies, did you fall in love with the romanticism of the movie *Under the Tuscan Sun*? Are you drawn to the beauty and seemingly infinite landscape of Tuscany? Maybe you love Italian wine, food, and culture. Do you need to relax and recharge your soul? Maybe you need a magical place to connect with your "sisters" or to meet a new tribe of "sisters?"

You are invited to join me on this beautiful retreat at the historic Villa Benvenuti Estate in Tuscany – a beautifully restored 17th century villa nestled in the Tuscan hills! Each day begins with yoga and meditation and a delicious breakfast – all within the confines of the villa. The rest of the day is yours to do as you please: swim, walk through the countryside, visit Cinque Terre, go paddleboarding, nap in the hammock, get a holistic massage, read by the pool, tour the nearest town, Lucca, and perhaps see an opera or take Italian language lessons. Add a few days before or after the retreat to explore some of the regions most historic cities such as Lucca, Pisa, Florence, Pistoia, and the villages of the Cinque Terre. Eat, drink, laugh, bond, explore, enjoy peace and solitude – all this and more can be yours!

WHEN:

Sept. 26-
Oct. 3, 2015

COST:

Early Bird Pricing – Save \$300 off the cost of the package when you reserve your place by midnight on April 18! Save an additional \$100 if you pay in full at the time of registration – that's a \$400 savings!

Twin Room per person with Shared Bathroom – \$2,295 per person/week

Twin Room per person Private Bathroom – \$2,579 per person/week

*Rate calculated on Jan. 5, 2015 USD/Euro exchange and is subject to fluctuation

**\$359 upgrade for a single room due to limited space

\$500 non-refundable down payment, full balance due by June 15

7-Night Package includes:

- Seven nights accommodation (including all linens and towels) at Villa Benvenuti
- One transfer from Lucca to the villa
- Three delicious vegetarian meals per day (breakfast only one day midweek)
- Fresh detox juice at breakfast
- Unlimited fruit, water and herbal teas throughout the day
- Daily Meditation and Vinyasa yoga with Angela
- A cooking class inside the villa
- One hour long massage
- A wine tasting excursion, including cheese and salami – note that we will take a scenic walk to a beautiful vineyard (option to take a cab for an additional fee)
- Wine with dinner (limited to 1/2 bottle per person, per night)
- Last night celebratory dinner with Prosecco and aperitivo on the terrace.
- Use of the swimming pool and all facilities within the grounds of the villa
- Guided hike and a picnic lunch

Optional Add-Ons

- Italian lessons
 - Additional massage and holistic treatments
 - Stand-up paddleboarding
 - Bike rental
 - Excursions to historic sites, ancient villages, rivers and nature sites, abbeys, and thermal baths
 - Independent day trips to Lucca, Cinque Terre, Pisa, Pietrasanta Artist village, Viareggio and the Versilia Coast
- Does not include: Airfare or Transportation*



Only 14 spots available! Contact Angela at ams1822@gmail.com to reserve your spot TODAY!