



Welcome 2 Our Mystical Tuscany Retreat

IMAGINE... waking up to this...

Go on and imagine that this is your first morning at La Chiara di Prumiano Villa. The sun is rising warm and bright. It is early season and 68 °F (20 °C) is predicted for the next few days. You rise up from a comfortable bed and feel the coolness of the cobblestone floor under your bare feet.

As you look out the open window into the courtyard, you cannot help but smile. A renewed sense of vitality fills your body as you gaze about you with childlike wonder, taking in the expansive views of the Tuscan hills that seem to fill the horizon. Something inside you knows that you are already home. This villa (once used as a summer retreat for royalty) is now your kingdom to explore in depth.

An early morning breeze beckons you to enter in the playground of new adventures that await your presence...

What will you choose first?

Then you remember - there is an early morning yoga session about to start, and you don't want to miss it. Cezarina will be leading the session outside (on the open platform under the trees or in the courtyard). You reach for your yoga mat you brought along and move out to meet her. You can already feel your body getting ready for some restorative stretches to awaken the life force energy and allow your Light essence to fully take over your physicality.

During the Yoga, you enjoy the play of movement, the music and the poetry selections being read ... oh this is beyond your expectations ... and then your thoughts start drifting towards the kitchen.

Breakfast is waiting inside. You can almost hear (through the walls) the joyful music of the teaspoons clicking against porcelain teacups.



As you walk towards the kitchen you might spot the cooks walking from the garden with baskets full of fresh vegetables... perhaps for that Italian cuisine cooking lesson after lunch. Just the idea of a group cookery session, led by enthusiastic experienced cooks, puts a big smile on your face. The

food is so good here: so fresh, organic and locally produced that your body trembles with delight and your mouth waters with anticipation. And you know that when you enter the kitchen to perfect your cooking skills, you will be entranced by the music of the chopping board - played by a master.

After breakfast, you join everyone on the open platform in a circle of intention and share your creative flow for the day. This is a magical time. You feel the energy inside you wanting to reach



out and be part of everything. You sense you're at the start of many exciting adventures and explorations. A creative writing session will start soon, to encourage and nurture your emerging creative passion.

Meanwhile, Gaia (the owner of the villa) is in the workroom upstairs, readying her Tarot puppet making workshop as an alternative creative outlet.

After the writing session, you wander outside: the olive groves shimmer in the wind, inviting you to stroll amongst them with pen and journal in hand. You might walk with or meet Kathryn - and so appreciate the encounter because she leads you to deepen your experiences with the essence of nature, and more fully appreciate the gifts of your creativity. Or instead of walking, you take a blanket to lie on the earth and do some daydreaming before lunch.

Oh, all that delicious food for lunch was heavenly!

It is afternoon already; some people have elected to do hiking in the surrounding countryside or take naps in their rooms, but you have decided to enjoy the sun, within reach of the enticing swimming pool. Later, back at the villa, a few others join you in the cozy lounge area and you have a wonderful conversation, punctuated by afternoon tea time offering tea biscuits as well as fresh fruit servings (always available in the breakfast room). Will it spoil dinner, you wonder? No, definitely not, you reply!

Around 5:30 PM you are eager to come back to a circle time on the open platform where powerful sharings and celebration of togetherness are taking place.

And when dinner time comes – you feel a surge of delight as the delicious creations are carried from the kitchen, including the vegetarian food you have requested, and are laid out before you beautifully on the banquet tables. As you give thanks for such a feast and for the people who lovingly cooked for you, your plate becomes a palette of taste sensations that nourish and nurture your being.



For details of our Tuscany Retreat visit

mysticaltuscanyretreat.weebly.com

What will you do after dinner?



Surely you will be *enchanted* by the magical tearoom underneath the villa - with its soft floor cushions - where Peter (the tea master from the Czech Republic) serves you any flavor tea that you can dream of! Soft music is playing in the background and new conversations are born in the flow of the moment.

Perhaps you decide to have a coaching session with Santari or Cezarina, or perhaps you will talk with Kathyne; for she can help you weave together new perspectives on what you have experienced today, and who you are becoming.

You might continue an earlier conversation with a new friend, letting it take you to a new place of knowing. Or maybe, just maybe, you will sit beside the fire outside and do some writing, inspired by this morning's creative writing session.

It's been a good day. The time has passed effortlessly and you feel filled with a warm satisfied glow. Everything you read about the retreat is really true. This is a space where magic happens, where life begins anew.

Perhaps you will never leave!!!

With the offer to sip of the magical vortex essence blend made just for this retreat, you toast to a glorious day and return to your room to dream sweet dreams of all you'll be - come day two!