

# La Dolce Vita: A Tuscan Wellness Escape

Experience the art of la dolce vita on this boutique wellness retreat through Tuscany. Hosted by Lina and Sam, this intimate journey is thoughtfully designed around daily movement and mindfulness practices - from yoga and Pilates to guided wellness sessions - led by licensed instructors, complemented by immersive cultural experiences and exceptional Italian food and wine for a relaxed, restorative, and deeply enriching escape.

SEPTEMBER 5-13, 2026 | TUSCANY, ITALY

## Retreat Highlights & What's Included

- 8 nights in boutique accommodations in Rome and Tuscany, hand-selected for comfort and ambiance (pool included in Tuscany)
- Daily breakfast at all accommodations
- 6 days of yoga, Pilates, and restorative wellness practices led by licensed instructors certified through Yoga Alliance (RYT), CSEN, and STOTT Pilates (all levels welcome; mats provided)
- All transfers between cities and scheduled experiences
- 7 group dinners at authentic, hand-selected Italian restaurants
- Hands-on cooking class with a local chef, including wine tasting and dinner
- 2 wine tastings and lunches at local wineries
- Free time to explore charming Tuscan towns at your own pace

## Not Included

- Airfare to Rome and return from Florence
- Travel and health insurance (strongly recommended)
- Massage services are optional and available for an additional fee
- Meals not listed, additional alcohol, shopping, and personal expenses



\$4,200 PER PERSON

BASED ON DOUBLE OCCUPANCY, WITH ONE BED (SINGLE OCCUPANCY IS AVAILABLE AT A HIGHER COST AND IS LIMITED) PLEASE INQUIRE FOR DETAILS.

*limited spaces available!*

For reservations and payment details, email [sam@journeyitalia.com](mailto:sam@journeyitalia.com)



Loree Pankewicz, owner of Core Principles, joins us as a special guest Pilates instructor, working alongside our Italian instructors to bring a beautiful layer of expertise and intention to the wellness experience.