

SATURNIA

GOLF & WELLNESS EXPERIENCE



October 4th - 10th | 2026

THIS IS NOT JUST A GOLF TRIP - IT'S A FULL RESET

Imagine a week where everything flows—effortless, refined, and entirely yours.

Across 70 hectares of Maremma countryside, championship golf, expert instruction, and daily Pilates sharpen your strength, mobility, and swing.

Steps away, thermal springs restore body and mind. Evenings bring authentic Tuscan dining and quiet connection.

One seamless escape—crafted for performance, recovery, and pure enjoyment.

[Visit Termi di Saturnia](#)



WELLNESS & PERFORMANCE

Each morning begins with guided Pilates, precisely targeting the muscles golfers rely on—enhancing rotation, mobility, and swing efficiency. Movement becomes smoother, stronger, and more controlled as core strength, posture, and stability naturally align.

By afternoon, recovery takes over. Immerse in natural thermal springs, where mineral-rich waters ease tension, soothe muscles, and reset the mind—restoring balance for the day ahead.

More than training, it's transformation—where strength meets fluidity, and every swing begins from a fully restored body.



MEET YOUR HOSTS

Gia

An LPGA National Teacher of the Year, Gia Liwski is a Class A Professional with over 25 years of experience and is recognized as one of the top instructors in the country. She is an LPGA Top50 Instructor and a Golf Digest Best Teacher by State.

Gia's teaching is rooted in BioSwing Dynamics, developed through years of mentorship with Mike Adams. Known for simplifying complex movement, Gia helps players of all levels build a swing tailored to their individual physicality—combining technical precision with a clear, motivating approach that drives lasting results.

[Learn More About Gia](#)

Barbara

With nearly four decades of experience in movement and wellness, Barbara Morini is a former professional dancer and nationally certified Pilates teacher. She has trained over 250 instructors internationally and is the founder of the Morini Method—an integrated approach to movement, mindset, and longevity.

Born and trained in Italy, Barbara brings a deep connection to the culture and rhythm of the country that inspires her work and retreats. Her philosophy—Mobility Through Stability—focuses on building strength from the core to support efficient, intelligent movement and long-term physical well-being.

[Learn More About Barbara](#)



THE GOLF EXPERIENCE



Enjoy expert-led clinics on a GEO-certified 18-hole course designed by renowned architect Ronald Fream. Our sessions focus on every aspect of your game, including full swing fundamentals, short game precision, and key mental strategies to elevate on-course performance.

Through personalized video analysis and a comprehensive BioSwing Dynamics assessment, we'll identify how your body moves most efficiently —helping you unlock your natural swing and reach your full golfing potential.

THE PILATES EXPERIENCE



Experience daily Pilates sessions led by Barbara, built around her philosophy of Mobility Through Stability. Each class focuses on core strength, mobility, and body awareness—key elements that directly support balance, control, and power in your golf game.

Through intentional movement and personalized guidance, you'll develop a deeper understanding of how your body moves most efficiently—helping you improve performance, reduce the risk of injury, and bring greater ease and consistency to every swing.

WINE TASTING

Tenuta Montauto is a boutique, family-run winery set in the rolling hills of the Tuscan Maremma, known for its elegant wines and strong connection to the land.

During your visit, you'll enjoy a guided tour of the cellar, exploring each stage of the winemaking process—from harvest to ageing and bottling. The experience concludes with a tasting in a panoramic room above the cellar, where you can savor their wines while taking in the surrounding countryside.

A relaxed and authentic introduction to Tuscan wine, rooted in tradition and place.



1919 RESTAURANT

Maremma's oldest waterfront dining destination. Overlooking the Terme di Saturnia natural hot springs since 1919, this restaurant celebrates a century of hospitality and tradition.

The menu reflects a deep connection to the region, featuring seasonal dishes, daily specials, and fresh, health-conscious options. Locally sourced ingredients and the vision of Executive Chef Salvatore Quarto come together to deliver authentic flavors that capture the essence of the area.





SATURNIA ROOMS

The rooms and suites at Terme di Saturnia are designed in harmony with the surrounding Tuscan landscape, blending understated elegance with natural materials and warm, earthy tones. Inspired by the colors of the Maremma countryside and the nearby thermal springs, each space creates a calm, restorative atmosphere.



Thoughtfully appointed with refined details and modern comforts, the rooms offer a peaceful retreat—balancing timeless character with a sense of effortless luxury, all rooted in nature and well-being.

[Saturnia Rooms](#)

TRIP RATES AND INFORMATION

Included In Our Trip

All Breakfasts & Dinners

Pilates Clinics

Golf Clinics

Wine Tasting at Tenuta Montauto Winery with Transportation

Massage Treatment

Daily access to the thermal springs, wellness center, and state-of-the-art fitness facilities.

Access to sauna, steam rooms, hot and cold plunge pools, relaxation areas, and the renowned healing waters of Saturnia, with extra spa treatments available for separate booking.

Access to the 18-hole championship golf course and practice facilities.

**Itinerary may be refined to ensure the best possible experience.*

Not Included

Airfare

Additional Excursions

Beverages

Transfer from Airport to Resort and Back

Please inquire for pricing!

JOIN US

We can't wait to share this special experience with you—on and off the course this Fall.

Spots are limited. Please contact Barbara as soon as possible to reserve.



PLEASE CONTACT info@morinimethod.com cell: 929.272.4988