

A Tuscan retreat for women who want to live their **BEST.LIFE.EVER.**

BE peaceful

BE adventurous

BETHERE

A TYPICAL DAY

Morning yoga practice

Breakfast

Free time

Morning Workshop

Lunch

Free time (*rest, walking or optional healing treatment*)

Afternoon Workshop

19.30 Dinner

Evening Activity (*either pre or post dinner- ie. painting workshop, wine tasting, tarot readings, etc.*)

Free time, chat time & bed

Included in the stay there will be a visit to the medieval city of Siena and a dip in the healing waters of nearby natural hot springs

GETTING THERE

The full name and address of the house is:

'Podere Macchione', Via di San Martino 1000L, Località San Fabiano, Monteroni d'Arbia, 53014 Siena.

The villa is located in the province of Siena, on a farm estate called 'San Fabiano', just outside a small town called Monteroni d'Arbia.

Nearest airports are: Perugia (1 hr 15 min) Pisa (2 hrs) Florence (1 hr 30min) Rome (2 hrs 45 min) ***Please note, flights & travel insurance are not included in the cost.***

The arrival day for the retreat is **FRIDAY, SEPTEMBER 27, 2024** with the intention of arriving in the afternoon with a welcome dinner on Friday evening and our first full day together on Saturday the 28th. The retreat offering is 6 nights and 5 full days.

A pick-up transfer from Siena train station or Florence airport is offered at no extra cost on the arrival day, Friday, SEPTEMBER 27th. Timings to be confirmed.

A pick-up transfer from one of the other airports can be arranged at an additional cost (*price depends on the airport / length of journey / number of people travelling together*).

We aim to keep the additional costs of transfers to a minimum by grouping together arrivals as much as possible.

If, for any reason, you need to arrive earlier or later, please let us know so that we can help with any arrangements.

The departure day is THURSDAY, OCTOBER 3rd, in the morning or after breakfast. Return transfers work in the same way - a drop off in Siena or Florence can be arranged at no extra cost or a transfer to a different airport (at an extra cost - grouping together where possible - prices tbd).

Once you have booked your flights and have an idea of your travel plans, we ask you to let us know your flight information and plans for getting here. We will then be able to arrange group transfers and pick-ups accordingly.

If you plan on making your own way to the villa, perhaps because you will already be in Italy or plan on staying in Italy after the retreat, then you will need to rent a car, as the villa is in a rural location. We will happily provide detailed driving directions.

There are public transport links to our nearest town, Monteroni d'Arbia, where there is a train station and public buses run between Siena and Monteroni d'Arbia. We can also arrange a free pick-up from Monteroni train station on the arrival day.

THE VILLA

'Podere Macchione' is the name of the property. Known simply as 'Macchione' it was an abandoned farm and farmhouse that British couple Cally & Nick Albrecht discovered in October 2015. The house was a crumbling ruin with the surrounding land almost reclaiming the entire building as vegetation grew in and amongst the rubble. Purchased in May 2016, the whole place underwent an extensive and sympathetic restoration, which was completed in 2022.

It was their intention to find somewhere in the Italian countryside that could become an inviting guest space and retreat center. After devoting 7 years bringing it back to life, the villa is now a place so completely in harmony with the gentle landscape that surrounds it, that you cannot help but feel restored simply by being there.

The farm is around 34 acres and is made up of agricultural land (a lavender field, producing our own organic essential oil and an olive grove) two areas of woodland, a small lake and garden areas. There are some lovely walks both within the farm property and in the surrounding area. The nearest town is around 5 km (Monteroni d'Arbia) and is well serviced with supermarkets, banks, bakery, gelateria etc.

Accommodation is in private or shared (twin or triple) bedrooms. All rooms have their own en-suite bathroom with shower. One room also has a bathtub. Private rooms have large double beds (single occupancy). Shared rooms are of a very good size, comfortably accommodating two single beds. All bedrooms are bright and airy with farmhouse-luxe styling. Natural materials and earth tones have been used throughout to offer a calm and restful space.

There is Wi-Fi throughout.

We can't wait to experience this **BETREAT** with you!

With love,

Jen & Joanna