

# BETREAT

BE present

BE peaceful

BE adventurous

BETHERE

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



**Jen Rubinetti** - Founder of **The Mystical Connection**, a Wellness Concierge Service. Jen is a Spiritual Life Coach and a master Reiki and Sound healing Practitioner.

**Joanna Rajendran** - Keynote Speaker, Yoga Teacher & Mindset Mastery Coach. Joanna is also the author of the must-read book **My Guru Wears Heels**.

In addition to facilitating transformational workshops & retreats, Jen & Joanna are the hosts of the **MANIFEST STATION** podcast.



## BETREAT

9.27.24 - 10.3.24

## WHAT TO EXPECT

SO, you're thinking of joining us on retreat. Here's what you need to know...

The **BETREAT** is a 6 night get-away in the heart of Tuscany, brought to you by retreat organizers, podcasters & spiritual seekers, Jen Rubinetti & Joanna Rajendran (that's us, by the way!).

Expect to be surrounded by amazing women in an exceptional setting that will engage all of the senses. Inspirational workshops, yoga & meditation classes and therapeutic sessions will create the space for a truly transformational experience. All while being immersed in a stunning Tuscan villa with fine Italian food, wine & curated excursions.

A retreat is an opportunity to step away from your day-to-day and to be in an environment dedicated to your wellbeing. Once you have arrived, everything is taken care of; daily schedule, nourishing food, drinks & snacks, a beautiful room for a restful night's sleep, en-suite bathroom facilities, daily yoga/meditation and mindful practices, free time in sanctuary-style spaces to rest, read, journal or chat to your fellow retreaters, plus visits to explore some of the best of Tuscany.

The aim is to come away feeling both extremely well-rested and freshly inspired, with a renewed sense of verve and vitality. You may or may not have been 'on retreat' before and you may be wondering what to expect.

A retreat is different to either a holiday or a conference. It is a unique travel experience, bringing together like-minded individuals with a shared interest. It is both a group experience and an individual one.

The group aspect of being on a retreat acknowledges that this is a communal space and there will be shared meal times and group sessions. It can be helpful to leave aside too many expectations, to come with open minds and open hearts.

We ask all members of the group to be mindful of others, their space & time and to uphold the yoga values of kindness, respect and non-judgement.

At the same time, this is YOUR time, your individual experience. We recognize the investment of time, money & energy that it takes to say yes. To that end, every session is an invitation and there is no judgement if you choose to join or skip any of the offerings.

**FOOD & DRINK** - meals will mostly be home-cooked with locally sourced seasonal ingredients. They will be prepared by a private chef and carefully planned to be nourishing, balanced and delicious.

Special diets can be catered for (allergies, gluten free, dairy free, vegan...) and you will receive a pre-retreat questionnaire to complete to share this information before arrival. Should you have any very specific dietary needs or extensive allergies / intolerances, please do share this info as early as possible so that we can adapt accordingly.

There will be fruit, snacks, teas / coffee available throughout the day and you are invited to make yourself totally at home. On excursion days, some meals will be at curated restaurants.

**SPACE IS LIMITED**

TO RESERVE YOUR SPACE  
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