

DHARMA
HOLISTIKA

TUSCAN

SUMMER RETREAT

June 19 – 22, 2026

Heal • Reset • Reconnect

Celebrate the magic of the **Summer Solstice** in the heart of Tuscany



Your Journey Begins Here

Hidden among the rolling hills and ancient forests of Tuscany, a sacred sanctuary awaits.

This retreat is an invitation to pause, breathe deeply, and reconnect with the deeper rhythm of life.

Held during the powerful **Summer Solstice**, when the sun reaches its peak light, this gathering offers a rare opportunity to realign with your inner truth and step into renewed clarity and vitality.

Within the peaceful walls of a **13th - century monastery**, surrounded by chestnut forests and fresh mountain air, each day unfolds with practices designed to restore balance and awaken your inner radiance.

Through movement, sound & voice healing, breathwork, creative exploration, and sacred ceremony, you will reconnect with yourself while sharing a meaningful journey with a small circle of like-hearted souls.

You will leave feeling **lighter, clearer, and deeply inspired**, carrying the energy of this sacred place with you long after returning home.



Our Sanctuary

A 13th-Century Monastery in the Tuscan Mountains.

Our retreat takes place in a beautifully restored **13th - century monastery nestled in the Garfagnana region of Tuscany.**

Surrounded by **50 acres of chestnut forest**, this timeless sanctuary offers a powerful environment for stillness, reflection, and transformation.

Here you will experience:

- Quiet spaces for meditation and reflection.
- Breathtaking views of the Tuscan mountains.
- Forest paths for peaceful nature walks.
- Ancient architecture filled with history and presence.
- Fresh mountain air and complete tranquility.

This extraordinary setting invites you to **slow down, reconnect with nature, and nourish your mind, body, and spirit.**

What to Expect



Every detail of this retreat has been carefully curated to support **deep renewal, clarity, and inner expansion.**

During our time together you will experience:

Sacred Movement & Meditation

Daily practices to awaken life force energy, restore balance, and reconnect with your body's natural rhythm.

Sound Healing Journeys

Immersive experiences using quartz crystal singing bowls, gongs, and sacred tones that calm the nervous system and bring deep emotional release.

Creative & Intuitive Workshops

Explorations designed to ignite inspiration, unlock your authentic voice, and open new channels of creativity.

Breathwork & Ice Bath Experience

Powerful practices that reset the nervous system, build resilience, and help release stored emotional tension.

Summer Solstice Ceremony

A meaningful ritual honoring the peak energy of the sun and activating powerful intentions for the months ahead.

Nature & Integration

Time to walk through forests, journal, reflect, and simply enjoy the peace and beauty of Tuscany.



FRIDAY

ARRIVAL • OPENING

Arrive, ground your energy, and enter sacred space

2:00 pm — Airport Pick up.

4:00 pm — Arrival & Refreshment.

5:00 pm — Orientation.

6:00 pm — Opening Circle with Sound & Voice
Healing Journey.

8:00 pm — Welcome Dinner.

8:00 pm — Sunset Reflection & Integration.



SATURDAY

FLOW

**Reconnect with your body and
awaken creative energy**

8:00 am — Morning Yoga & Meditation.

9:30 am — Breakfast.

11:00 am — Workshop.

2:00 pm — Lunch.

Afternoon Free Time

6:00 pm — Sound & Voice Healing Journey.

8:00 pm — Dinner.

9:00 pm — Sunset Reflection & Integration.



SUNDAY

SUMMER SOLSTICE

**Celebrate the peak of solar energy
and activate powerful intentions**

8:00 am — Morning Yoga & Meditation.

9:30 am — Breakfast.

12:00 pm — Breathwork & Ice Bath Experience.

2:00 pm — Lunch.

Afternoon Free Time.

6:00 pm — Summer Solstice Ceremony.

7:30 pm — Sound & Voice Healing Journey.

9:00 pm — Sunset Dinner.



MONDAY

INTEGRATION

**Embrace clarity and carry
your transformation forward.**

7:00 am — Morning Yoga & Meditation.

8:00 am — Closing circle.

9:00 am — Breakfast.

10:00 am — Departure to Airport.

What's Included

Included

- 3 nights shared or private accommodation in a historic Tuscan monastery.
- Daily yoga, meditation, and sound / voice healing journeys.
- Breathwork & ice bath experience.
- Creative and intuitive workshop.
- Summer Solstice ceremony.
- Daily nourishing meals prepared with fresh local ingredients.
- Access to monastery grounds, forest trail hiking and river swim.
- Transfers from Pisa airport.

Not included

- Flights to Pisa
- Travel insurance
- Optional massages, reiki or treatments
- Alcoholic beverages





RESERVATIONS

Reserve Your Transformational Tuscan Summer Retreat

Step into 4 days and 3 nights of soulful renewal.

To preserve the intimate nature of this experience,
spaces are very limited.

Shared Room

€1900

per person

Private Room

€2400

per person

Payment plans available

Schedule a call to connect, ask questions, and explore whether
this retreat is aligned for you.

BOOK YOUR ALIGNMENT CALL



TRAVEL SUPPORT

We are here to support you all the way. Should you need any help with your travel logistics, **please reach out**, we'll be happy to help.

Closest airports:

- Pisa International Airport
- Florence International Airport

The monastery is approximately **1.5 hours by car** from either airport. Transfers from Pisa airport to the venue are included.




TUSCAN


SUMMER RETREAT


Step away from the noise of everyday life.
Return to your center.
Reconnect with your essence.

Join us for an unforgettable
Summer Solstice gathering in Tuscany.

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