

# **“La Dolce Vita” Women’s Retreat Villa Tramonte - Lucca, Italy October 11-18, 2025**



“La Dolce Vita” translates to “The Good Life”. It embodies a concept and lifestyle often associated with the Italian culture and way of life. La Dolce Vita represents a celebration of life's pleasures, embracing a leisurely and indulgent approach to living.

Join The Retreat Ladies and experience a week of “La Dolce Vita” in beautiful Lucca, located in the Tuscany region of Italy. Immerse yourself in a restorative and healing environment, designed to renew and restore you.

We’ll combine classes and planned activities with a generous amount of self-care time, so that you’ll be able to rest, relax at the pool, and connect with other members of our group.

Join us for a nurturing time surrounded by the beauty of this Tuscan jewel and enjoy connecting with other amazing women while experiencing a taste of “La Dolce Vita”!

## **Location**



Our unique retreat home for the week will be [Villa Tramonte](#) – which boasts comfortable lodging in fully restored 18th century estate, an outdoor pool, and delicious meals of farm-to-table vegetarian Tuscan cuisine — complete with local olive oil and wine.



## Typical Daily Schedule (will vary day-to-day)

6:30-7:30 am » Tea, coffee, fresh fruit  
for our early risers

7:30am-8:45 am » Morning Practice (i.e.  
yoga, Qigong, meditation)

9:00-10:00 am » Breakfast

10:00 am – 1:30 pm » Free Time or  
Planned Activity

1:30-2:30 pm » Lunch

2:30-5:30 pm » Free Time

5:30-6:45 pm » Evening Practice

7:30 pm » Dinner followed by socializing and/or quiet time



## Who is this retreat for?

Women who want to improve their wellness by meditating, eating fresh Italian food and practicing yoga and other healing modalities. No prior yoga experience necessary—just a desire to embrace a journey of well-being.

Learn self-care tools that you can use long after your retreat experience is over!



## What's Included

- 7 nights accommodation (including linen and towels)
- 3 vegetarian meals each day + wine at dinner (except for one lunch out and one dinner out)
- All retreat content and planned activities
- Access to the pool and yoga facilities
- Transfers to and from Lucca train or bus station to the retreat centre at the start and finish of the retreat. There will be one scheduled pick up and drop off only. Any transfers outside of this are not included
- Use of the WIFI
- Laundry facilities for use by guests

## What's Not Included

- Airfares (Suggested Airport Pisa)
- Travel insurance (which is required for participation)
- Two meals out (one lunch and one dinner)
- Other travel related expenses outside of the retreat
- Additional in-house treatments eg facials and massage
- Other optional excursions or activities not included in the retreat
- Transfers outside the scheduled pick-up or drop-off can be arranged for an additional fee

## Accommodations & Pricing

Your retreat investment includes almost everything and is from **\$2999**, depending on the accommodation type you choose (single or double) – **all inclusive**. After registration, you will be given all travel information, packing list and a full itinerary.



### Main Villa - Single Occupancy (1 spot available)

- Double bed
- Private ensuite bathroom
- Cost - \$3999 (additional 2.9% for payment plans)





**Main Villa - Double Occupancy (10 spots available)**

- 2 Twin Beds
- Private Ensuite Bathroom
- Cost - \$3299 (additional 2.9% for payment plans)



**Second House - Double Occupancy (6 spots available)**

- 2 Twin Beds
- Shared Bathroom
- Cost — \$2999 (additional 2.9% for payment plans)

**Planned Activities (included in your fee)**



**Bike & Walking Tour of Lucca** - take part in an informal guided tour of Lucca for 3-4 hrs. The tour starts immediately after breakfast returning to the villa in time for a late lunch at 14:00. The tour includes transportation to and from Lucca, a gentle bike ride around the walls of Lucca followed by a tour on foot to explore the main attractions and finally, a refreshment stop. Please note that every day in Lucca, the shops close between 13:00 and 15:30. On Mondays, the shops are also closed in the

mornings. If you wish to stay in town for lunch after the tour, you can easily find a taxi to bring you back to the villa.



**Cooking Class** – this includes a cooking class (2-3 hrs) at the villa with our wonderful local cook.





**Wine Tasting Excursion** – A 3–4-hour excursion which includes a scenic walk (or taxi) to a local winery, followed by an interesting tour, an olive oil tasting and a wine tasting. The distance is around 5km / 3 miles (one way) and we follow parts of the “Strada del Vino” (the wine road) enjoying beautiful scenery along the way. When the tasting and tour is finished, we will have drivers waiting to take you back to the villa in time for a late lunch.



**½ Day Trip – Visit to a Thermal Spa** – This is a 4–5 hour excursion *best suited to the cooler months*. Spa entry includes entry into the thermal pools (indoors and outdoors), Turkish steam room, sauna and hire of bathrobe, slippers and bathing cap. Transport is included.

### **Optional Activities (not included in your fee):**

**\*\*Massages and Holistic Treatments** – we have a wonderful local therapist who will be available throughout the retreat for various massages and treatments. There will be a schedule on the notice board where you can sign up for your treatment. **Please note that the therapists must be paid at the time of the treatment so bring some extra cash (credit cards not accepted) if you plan on indulging yourself! Prices start from €80 per 55 minutes.**



**Cinque Terre** - Spend the day in breath-taking Cinque Terre exploring the five coastal villages embedded in rocky cliffs along one of Italy’s most scenic stretches of Liguria. For those who are keen hikers, it is possible to spend a day walking and climbing between these beautiful villages and enjoy some spectacular scenery along the way. For those who don’t want to hike, you can enjoy exploring the villages by train or ferry or sampling some of the local delights! Our drivers will drop you off at one of the five villages in the morning

and pick you up again in the evening. To make the most of your time in this beautiful area, we recommend skipping the morning yoga class, having a quick early breakfast at 6:30am and departing at 7:00am. **The cost for a minibus up to 20 people is €770. Allow €55 per person with a minimum of 12 people.** If there are more people, the transport cost per person will be less. Guests should also allow additional funds for train travel between the villages plus lunch out. **Note: this will only be offered if we have at least 12 people interested.**

## Getting to and from the Retreat Center

- The nearest airport to Lucca is Pisa international Airport “Galileo Galileo” – 18 Miles from Lucca
- Florence International Airport “Amerigo Vespucci” is 50 Miles from Lucca
- If you are flying into Rome, Fiumicino Airport is 162 miles from Lucca.
- Regular trains and buses run from both Pisa and Florence airports to Lucca and are very reasonably priced. Trains also run regularly from Rome airport but the trip is much longer and takes around 4.5 hours.

## Check-in and Check-out

Check-in at the retreat center is strictly 4:15pm on the day of arrival.

When booking your flights, we recommend you plan your arrival time in Lucca for around 15:45, to coincide with the group transfer to the retreat centre at 16:15. There will be one scheduled pick-up only. If you are unable to make the pick-up, we can arrange for a taxi to bring you to the retreat center.

Check-out from the retreat center is strictly 09:00am on the last day. Please plan your departure flights accordingly.

## Payments

A non-refundable deposit of \$300 is due upon registration.

Room pricing is as follows (please see Accommodations & Pricing on pages 3-4 for descriptions):

- **Single Occupancy in Main Villa** - \$3999 paid in full upon registration
- **Double Occupancy in Main Villa** - \$3299 paid in full upon registration
- **Double Occupancy in Second House** - \$2999 paid in full upon registration

**Payment arrangements are available.** If you require payment arrangements, you will be invoiced for the remaining balance (after paying the \$300 deposit), broken up in 3 payments on the following dates. Please be advised that a 3% credit card processing fee will be added to your credit card payments. You will be invoiced about one-two weeks prior to the payment due date. The invoice will come from The Living Well Centers, LLC DBA Inspiritus Yoga (our parent company) from [dawn@inspiritusyoga.com](mailto:dawn@inspiritusyoga.com). Please add this email to your contacts so it does not end up in junk/spam. A 3% late fee will be added to any late payments.

- **1/3 Due** - Dec. 10, 2024, April 10, 2025, and Aug. 10, 2025

## Passport & Insurance

**You must have a valid passport that will not expire within six months of our scheduled retreat.** If you need to renew your passport, please do so as soon as possible. You will be required to provide a copy of your passport prior to the retreat.

**Travel insurance/trip cancellation insurance is required to participate in this retreat.** All participants are responsible for arranging their own travel insurance which includes coverage for medical costs, and repatriation, as well as cancellation costs. For the widest insurance flexibility, we recommend a travel insurance policy with “**cancel for any reason**” (CFAR) coverage. We recommend that participants consult an insurance provider **BEFORE** booking and paying for a retreat, airfares, hotels, and any other travel related expenses etc.

**In addition, we highly encourage you to purchase trip insurance as well to cover medical expenses in the event you have an accident while on the retreat.** Most travel insurance must be purchased within 14 days of making your reservation.

We reserve the right to cancel retreats with inadequate participant interest, in which case all money paid to The Retreat Ladies will be refunded. Notification of cancellation for this reason will occur at least one month prior to retreat start date. The Retreat Ladies cannot be held responsible for any personal expenses, such as airline tickets due to changes in itineraries or retreat cancellations.

## Cancellation Policy

No one books a retreat with the intention of cancelling it, but unexpected events do occur. As a result, it is your responsibility to read and understand our cancellation policy. Your registration implies that you have read, understand, and agree to this policy. Exceptions cannot be made for any reason, including weather, injury/illness, or personal emergencies. No refunds or credits for failure to attend or failure to complete the retreat, or for arriving late or leaving early.

- By registering for this retreat, you are agreeing to all of the terms and conditions.
- There is a 7-day, no-risk grace period to cancel your registration and receive a full refund, for any reason.
- Following the 7-day grace period, the \$300 deposit is not refundable for any reason.
- Cancellation requests must be submitted in writing, including the cancellation reason and the date.
- Cancellations that are received up to 90 days of the retreat will be entitled to a 50% refund, less the \$300 deposit and a 3% processing fee.
- Cancellations that are received within 61-89 days of the retreat will be entitled to a 25% refund, less the \$300 deposit and a 3% processing fee.

- Cancellations that are received within 60 days of the retreat are not entitled to any refunds, with no exceptions.
- If you must cancel for any reason and are able to find a suitable replacement, you will be entitled to a 90% refund, less the \$300 deposit and a 3% processing fee, once your replacement has paid in full.

## **Questions?**

We will be hosting several Zoom Q&A sessions as we get closer to go over logistics, retreat details, and answer any questions you may have.

In the meantime, you are welcome to contact your retreat leaders: Dawn at [dawn@inspiritusyoga.com](mailto:dawn@inspiritusyoga.com) or Sara at [saracheesterfield1@gmail.com](mailto:saracheesterfield1@gmail.com).