

THE HEART OF ITALY

FOOD | WINE | CULTURE | YOGA

June 14-20, 2020

Nestled between the three corners of Tuscany, Umbria & Lazio, you will find the 'Heart of Italy'. We have explored this region in great detail and have found passion at every turn. We believe it is the people, taking pride so much pride in their culture - sharing their LOVE and passion - that makes this week long journey so special.

Your hosts - Cheri Fandozzi and Lisa Zaloga - have sought out a property, whose owners give their all to share what they love. This working farm, 'agriturismo', has splendid detail. From authentic but modernized suites, private outdoor nooks & spaces to relax, a beautiful pool and spa complete with hot tub, Turkish & Etruscan bath saunas, to outstanding staff & service at their in-house restaurant. The resident chef prepares our 3 daily meals, sourcing from the property's farm and local producers, serving a delicious array of regional flavors in a multi-course setting. They take great pride in, not only their food, but in the communion that takes place among family & friends.

Endless acres of land surround this property, with walking and hiking paths through enchanted forestland, olive groves, flower fields, farmland cherry trees for your tasting and a swimmable watering hole with a waterfall, all for you to enjoy.

The stunning large glass encased yoga room gives ample space with a view and will be where you will start your day, practicing a morning flow with Lisa Zaloga and unwind from your day restoring with Cheri Fandozzi. There will be something for everyBODY to make your wellness travel complete.

Connecting to culture through experiencing local craft, is how you have the option to spend your days. We have curated our program to offer our guests, off the mat, "one of a kind" travel experiences, to immerse you in the present moment and give memories for a lifetime:



A resident **Truffle Hunter** and his dogs will take you hunting in a nearby forest where you will see how this age old foraging method brings these perfumed black summer truffles to your dining table.



An **artisan gelato creator**, located in the Castle town of Torre Alfina, will show you at their laboratory, how it is done and offer you to participate in the creation of your own.



During a visit to the nearby town of **Acquapendente**, you will marvel at the city's celebrated & famed art form, flower petal murals. A town deeply rooted in its history and artistic character. Meet the local workshop owners or grab your camera to snap a shot of one of the prize pieces, prominently displayed in the piazza.



Spend a day to wander freely in the **wine city of Orvieto**. In this walled medieval "Città" high on the top of a hill, you will meet the statement piece many travel to visit, the Duomo. Picturesque side alleys, osterias and shopping await! Upon our return we will stop to quench our thirst at a boutique vineyard with an incredible view of Orvieto in the distance. This region is internationally known for its whites and we will have the chance to learn the process and history, from a cantina guide. A wine tasting of whites, reds and the little known but historic "orange" wines will be presented. A particular taste, orange wine uses both red and white grape skin and is fermented in Etruscan terra cotta. A truly unique wine tasting experience. A cheese tasting pairs well and rounds off your visit.



We will visit the historic **Civita di Bagnoregio**, a Provence of Viterbo, known as "the dying town", perched high up on a cliff, with a population of only 20 people and accessible only by a footbridge. The bridge serves as a Time Machine taking you back to the days of the Etruscans more than 2500 years ago. It is also the birthplace of Saint Bonaventure. After the short journey to reach the center we will break bread with a local trattoria owner, sampling the regions highlights over an Italian style long lunch.



Artisanal products are crafted with an enormous amount of heart, often passed down through the generations as a family trade. We don't often have the opportunity to see how things are produced and the talent and pride that is behind every unique piece. This is why we chose to visit the workshop of **Bottega Conticelli**, a boutique fine leather goods manufacturer, prized for its craftsmanship and sought out after internationally. This rare, private site visit will give you a look into the 'behind the scenes' production of leather goods, such as handbags, art pieces, furnishings & accessories. Our visit will conclude with a walk through the showroom and a chance to purchase goods at a wholesale discount. If shopping is your pleasure, save space in your luggage to bring home a tactile memory of your stay!

ITINERARY

*During breaks in the itinerary, you are invited to enjoy free time spending it however you please.
Nap, lounge by the pool, hike, explore, or hang out with your fellow retreaters.*

Sunday, June 14

2p Check in

6:30a Welcome cocktail with the Il Tesoro owners followed by dinner

Monday, June 15

7:30a Self-serve coffee & light fare

8:30a Yoga

10:30a Breakfast

1:30p Lunch

4:30p Restorative Yoga & Meditation

Tuesday, June 16

7a Self-serve coffee & light fare

8a Yoga

9:30a Breakfast

11a Depart for Orvieto/lunch on your own

4:30p Wine & cheese tasting at Cantina Neri

8p Dinner at Il Tesoro

Wednesday, June 17

7 a Self-serve coffee & light fare

8a Yoga

9:30a Breakfast

11a Truffle hunting

1:30p Picnic lunch at Il Tesoro

Afternoon visit to the waterfall

Optional afternoon restorative yoga and meditation

8p Truffle dinner at Il Tesoro

Thursday, June 18

7a Self-serve coffee & light fare

8a Yoga

9:30a Breakfast

10:30a Depart for Civita di Bagnoregio (tour & group lunch)

3pm Tour and shopping at Bottega Conticelli

8p Dinner

Friday, June 19

7:30a Self-serve coffee & light fare

8:30a Yoga

10a Breakfast

1p Light lunch at Il Tesoro

3p Torre Alfina gelato workshop

Optional afternoon restorative yoga and meditation

8p Farewell dinner at Il Tesoro

Saturday, June 20

8a Breakfast

Departures