

Julie Meek's Italian Yoga and Wellness Retreat
20 - 27th July 2019





La Dolce Vita - Living the sweet life

Join Julie Meek for 7 days and nights, surrounded as far as the eye can see, by hillside fields of flowers, olive orchards and Tuscan vineyards - just outside the medieval walled city of spectacular Lucca, Italy

Imagine morning nurturing yoga and mindfulness practice.... in addition to farm-to-table alfresco feasting from estate produced wine, olive oil, fruit and vegetables. Bathe in Italy's history and warm waters alike - from Cinque Terre's charming Mediterranean beach coves and winding pathways to the rolling Tuscan hills - the remedy for just about anything.

ABOUT Your Wellness Retreat

Julie and her family fell in love with Italy just over 10 years ago and have been drawn back ever since. Julie has designed this boutique "wellness" immersion retreat with a focus on the practices that truly impact our health and well-being - moving our bodies, yoga, mindfulness and delicious food (and of course wine and coffee), all amidst the amazing history and culture of beautiful Tuscany. We will begin the day with rejuvenating and relaxing yoga followed by energy giving juices and freshly prepared breakfast.

During the day and evening we will enjoy a deep, authentic immersion into Italian culture, from Lucca's spectacular art & architecture, to the rolling hills of Tuscany & the Mediterranean sea-side charm of Cinque Terre; fabulous wines and gastronomia ("the art of good eating") throughout.

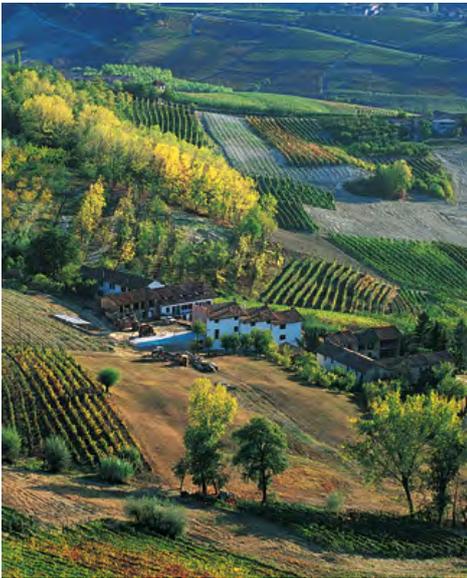
Julie and Yoga in Italy have designed this retreat for you to experience a lot with great ease and with plenty of wide, open spaces in the itinerary to relax and/or explore on your own or with others. One fee practically covers all, which has been outlined in detail below.

This retreat is OPEN TO ALL LEVELS of yoga (including beginners), fitness, health and life experience. We look forward to taking this amazing journey and celebrating the practice of a healthy life with you.

To La Dolce Vita...

Julie xxxx





Retreat Inclusions

In addition to our magical stay at an authentic Tuscan estate with a 180 degree view of the Tuscan hills and Lucca, including gardens, salt water pool and a wood fired pizza oven, this wellness retreat has these amazing inclusions:

- ▶ 7 nights accommodation (including linen and towels) at Il Borghino TUSCANY villa + gastronomia + a room with a view
- ▶ Home made Tuscan vegetarian food created with love by the amazing Maria-Angela (3 meals/day except 1 x lunch when at Cinque Terre and 1 x dinner when at Pietrasanta Artist village) + local wine for dinner
- ▶ Healthy juice for breakfast, unlimited fruit, water and herbal teas throughout the day
- ▶ Last night celebratory dinner with Prosecco and pizza, fresh out of the wood-fired pizza oven at Il Borghino
- ▶ Activities and excursions as listed below

YOGA + meditation

Through morning yoga + meditation you will experience an elevated state of creativity and physical vitality to better enjoy Italia and all of her delights.

CINQUE TERRE Mediterranean seaside charm

An excursion to one of Italia's Mediterranean treasures, Cinque Terre, where we will take a day trip to explore the picturesque cliffside villages or simply chill in a seaside cove for the day. (Includes ground transportation with a driver + entry into the national park. Lunch not included).

NUTRITION + performance + well-being

Each day, Julie will share a bite sized strategy or tactic that you can weave into your life, to enhance your personal productivity, well-being and performance.

LUCCA tour with the fabulous Federico

Coming from a noble Lucchese family. Federico's family have strong roots in the area and he is passionate about its history, culture, art, food and wine. The tour takes in the ancient walls of Lucca pointing out places of interest through the medieval streets.

PIETRASANTA Artist village

Pietrasanta is a thriving art centre full of galleries, shops and restaurants spilling onto the pavements. Best known for its marble and bronze artistic works, Pietrasanta often hosts international art exhibitions in the local Piazza's where we will sit over aperitivo and dinner to watch the buzz unfold. (Includes ground transportation but dinner in Pietrasanta is not included)



Other Inclusions

- ▶ Transfers to and from Lucca train or bus station to Il Borghino villa 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 in each house for use by guests at Il Borghino Villa in Tuscany

Retreat Exclusions

- ▶ Airfares (Suggested Airport Pisa)
- ▶ Travel insurance
- ▶ Airport Transfers
- ▶ Two meals out during excursions to Cinque Terre + Pietrasanta
- ▶ 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

Retreat Investment

Between € 2000 - 2200 depending on accommodation type (single, twin or double) - all inclusive

For further information and to register

email: retreat@juliemeek.com.au

Upon registration, you will be given all travel information, packing list and a full itinerary.

About the Tuscan Hillside Estate

Literally meaning “small village”, Il Borghino offers a secluded setting in a hill top position with magnificent views overlooking forests, vineyards, olive groves and mountains in the distance.

Designed to maintain the original character of the village while still being both comfortable and modern, Il Borghino has been meticulously restored with energy efficiency and a concern for the environment in mind, using natural materials such as wood, marble and terracotta. Rooms are large, simple and furnished tastefully in local Tuscan style, each with fabulous views from every window.

Il Borghino is ideally located 15 minutes from the charming medieval city of Lucca, 35 minutes from Pisa, 1.5 hrs from

Florence and 1.5 hrs from the breathtaking Cinque Terre region.

About the Food

The retreat menu is vegetarian & we have a wonderful local cook Maria-Angela who prepares deliciously fresh dishes based on what is in season and the region’s specialities. As we are in Tuscany, we do indulge in local cheeses, pasta, breads, wines + other delights, so although our menu is not a strict cleanse, we do offer plenty of healthy choices with nuts, seeds, legumes, plenty of vegetables, salads, rice, amaranth, quinoa, buckwheat, fresh fruit & yogurt.

Maria-Angela sources our food from local producers, using organic grains, fruit & vegetables wherever possible. She also makes fresh fruit/vegetable juices and cleansing herbal teas using fresh herbs from the garden.



Organic wine, olive oil and honey is produced in the surrounding agricultural area near Il Borghino & is served during our retreats. Upon request, she can cater for gluten free and lactose free dietary requirements.

Athanae Lucev

Athanae is an Australian Yoga and Pilates teacher living in north Tuscany. A devoted client for many years, Athanae took the plunge into teaching after a career in journalism, politics and government relations in

About our teachers

Julie Meek

On the professional front, Julie is a Performance Specialist and Dietitian. She also loves to travel - especially to Italy where together with her family,



has renovated an 800 year old apartment. Julie is passionate about creating wellness through high performance health - and this is exactly what you will experience at the retreat.



Perth. Specialising in vinyasa (flow) and yin (restorative) yoga and mat pilates with smart use of props, Athanae brings a joyful, informed, pragmatic and compassionate approach to her retreats and classes, which can be tailored to suit any age, group and level of ability. When not teaching, Athanae loves exploring new places (of which there are no shortage in Italy!), cooking, hiking and writing.