

The
FORM *& flow*
experience

Art & Wellness Retreat in
Tuscany

July 2026



A refined escape into beauty,
creativity, and the art of
slow living.



This July, we welcome you into a more intentional way of living, set in the heart of Tuscany, where dreamy vineyards meet quiet mountain landscapes, and life unfolds at a slower, more meaningful way.

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Our home for these days is an intimate,
carefully selected boutique hotel,
surrounded by nature and infused with
understated elegance.

Here, mornings begin with soft light over
the hills, afternoons stretch gently
between experiences, and evenings are
designed for connection, and relaxation.

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The Experience

Each day has been designed with care,
allowing structure and freedom to exist in
harmony.

There is always something to look forward
to, yet never a sense of rush. You are
invited to move through the days at your
own rhythm, choosing when to engage,
when to rest, and when to simply be.



July 23 (Thursday)

Arrival & Awakening the Senses

Your journey begins with a warm welcome at the airport, followed by a scenic transfer into the Tuscan countryside. As we leave the city behind, winding roads, cypress trees, and endless vineyards guide us toward our home for the next few days.

Upon arrival at our hotel, you'll be invited to settle into your surroundings, take in the views, and begin to unwind. A relaxed, beautifully prepared lunch introduces you to the flavors of the region.

In the afternoon, we open the retreat with an elegant wine tasting experience. Guided by local expertise, you'll discover the richness and character of Tuscan wines which is a perfect way to slow down and truly savor.

As evening falls, we gather for our first shared dinner. Candlelight, carefully curated dishes, and meaningful conversation set the tone for the days ahead. This is where the group begins to connect not as strangers, but as individuals brought together by a shared appreciation for beauty and experience.



July 24 (Friday)

Creation, Care & Connection

The morning begins softly, with a gentle movement session designed to awaken the body and bring clarity to the mind. After a nourishing breakfast, we enter the creative space. This day is dedicated to awakening your creativity. Our Tiffany glass workshop invites you into a meditative process of making.

Working with different colored and textured glass pieces you'll learn the fundamentals of this unique craft and begin shaping your own piece, something that will carry the memory of this experience long after you return home.

With a shared lunch behind us, we will continue the afternoon with our creative process in divided groups. Some guests will enjoy a refreshing outdoor massage in a cozy, private natural setting. Afterwards, you are welcome to rest by the pool or find a quiet corner to simply breathe and take in the surroundings. Later, the groups will rotate so everyone has time to enjoy relaxation and also to continue working on their own glass masterpiece.

The day closes with an elegant dinner, followed by relaxed time together whether in conversation, laughter, or quiet reflection under the Tuscan sky.



July 25 (Saturday)

Exploration & Inspiration

Start the day with an immersion in the world of martial arts with traditional Muay Thai, learning a little about its history, culture, and practice. During this experience, you will be introduced to Muay Thai in a light, accessible, and enjoyable way suitable for all levels, including beginners.

More than a physical practice, it is an invitation to explore strength, focus, and inner balance through movement and presence. After breakfast, we journey to Siena, one of Tuscany's most iconic and atmospheric cities.

Walking through its historic streets, visiting its architectural treasures, and absorbing its timeless energy, you'll experience a different facet of Italian life, one rich in culture, history, and beauty.

Following our guided tour, we will enjoy a shared lunch in a hidden gem restaurant in Siena's historic center. Afterwards, you will have free time to explore the city at your own pace before we return to the hotel.



July 26 (Sunday)

Freedom, Integration & Farewell

Our final day is intentionally left open an invitation to follow your own desires. The day begins with gentle movement and a relaxed breakfast, allowing you to fully absorb the calm and beauty of your surroundings one last time.

The rest of the day is yours to enjoy. You may choose between experiences such as horse riding through the Tuscan hills, or simply using the last day to enjoy the pool and relax into the slow living that the place has to offer.

This is a day of freedom designed for you to follow your own rhythm and savor the final moments of the retreat.

Before our departure, we gather for a special moment to say our farewells. For each guest, we have prepared a unique, personalized gift package, thoughtfully selected in collaboration with ERBAVOGLIO.

In the afternoon, we begin our journey back to the airport, carrying with us not only memories, but a renewed perspective, a quieter mind, a more present body, and a deeper connection to what truly matters.





A Lasting Impression

What you take from this retreat extends far beyond these few days. It is a shift in pace. A refinement of attention.

A deeper appreciation for simplicity, beauty, and presence.

And perhaps most importantly, it is the beginning of a community—one that continues to inspire, connect, and grow long after Tuscany fades into the distance.

This is your invitation to step into a different rhythm of life.





Secure your place
in the circle

ALL-INCLUSIVE LUXURY INVESTMENT

€3.000 EUR

- ✓ Boutique Lodging Immersed in Nature
- ✓ All Culinary Experiences & Fine Wines
- ✓ Glass Art Meditative Workshops
- ✓ Traditional Muay Thai & Wellness
- ✓ Siena Guided Tour & Architecture
- ✓ Scenic Horseback Riding Trails
- ✓ Private Outdoor Massage Treatment
- ✓ All Internal Transfers & Logistics



STRICTLY LIMITED AVAILABILITY

To preserve the intimate, boutique nature of this experience and foster genuine connections, our journey is strictly limited to only 8 guests worldwide.

PAYMENT METHOD

Direct Bank Deposit / Wire Transfer (Wise supported).

Connect with our founders directly to request your application and private itinerary details:

INQUIRE VIA WHATSAPP



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