



La Dolce Vita

Find the Magic within Yourself, Others and Your Surroundings

Women's Retreat in Southern Italy (Scalia and Santa
Domenica Talao in the province of Calabria)

September 19-27, 2023

Come join a wonderful group of women on a beautiful vacation to an area known as the "Caribbean of Europe." It might be Italy's best kept secret; it's certainly not a place where many tourists go. Small towns are nestled in a hill surrounded by a national park that is said to have the cleanest air in the world. The area is bordered by the Mediterranean Sea on three sides and the water is as clear as can be.

All restaurant food is made from scratch; there is no genetically modified food there. There are pomegranate, olive and fig trees and plantations, as well as, orange groves everywhere. Fresh spices are grown in the gardens behind local stores. Calabria makes many fine wines and is becoming known for them.



La Dolce Vita Women's Retreat in Southern Italy

Hosted by Meredith Deasley
SEPTEMBER 19-27, 2023

Travel to Italy's best kept secret to experience the sweetness of life.

We will spend time on the gorgeous beaches, hike to the magnificent waterfalls, boat to the grottos, and explore ancient Greek temples & medieval castles!

Throughout the week, you will learn how to increase your intuition, co-create with the Universe, re-frame non-productive thoughts and understand the signs and symbolism around you. There will be seminars, meditations and group life coaching. Every day, we will focus on seeing the Magic, so that you can take this ability back home with you. I assure you, you don't need to be in Europe to see the magic!

Our final day and night will be spent in Rome touring their famous historic buildings and fountains. You can fly home the next morning or continue to experience Europe on your own.



The Administrative Details

You will purchase your own flight (maybe using your points?), departing from Toronto on September 19th and choose between these two options:

- Fly from Toronto Pearson International Airport/YYZ into Rome (Leonardo da Vinci – Fiumicino airport/FCO) for around \$925 Cdn (non-stop). Most flights leave Toronto at night and arrive around lunch time the next day. Then, you can hop on the stunning scenic Fast Train to Scalia (just under 3 hours for around \$40 Cdn).

OR

- Fly directly to Scalia (Lamezia Terme International Airport/SUF). All flights to Scalia have a minimum of one stop and are about \$350 more than flying to Rome first. Then, it's around a 2 hour train ride to travel about 66 miles/107 km to get to from the airport to Scalia (not ideal).



You will arrive at your accommodations on Sept 20th. You have a choice of where you stay:

Palace Bed & Breakfast San Just 1148 feet from the Tyrrhenian Sea and beach, this renovated building from the 19th century, offers beautiful furnishings, warm colours, and rooms with balconies overlooking the bustling, ancient town of Scalia. It is a big, beautiful, busy and brightly coloured town that is full of life! You will have your own queen bed and ensuite here and a basic breakfast.

La Rocca dei Borboni – Set in the hill, in the ancient, charming village of Santa Domenica Talao, which only has 1100 inhabitants. This renovated building has a panoramic view of the Tyrrhenian Sea below and the mountains above. It offers beautiful furnishings, bold colours and rooms with balconies. You will have your own double bed and ensuite here and a basic breakfast.

All rooms are similarly priced and the distance between the two accommodations is about 5 km.



Total Cost

\$965 (approx) - Your flight and train ride to your accommodations.

\$2200 plus tax - Your accommodations, food, transportation, excursions and seminars. There is an opportunity for 2 women to have your own room in a simple airbnb with me in Santa Domenica Talao and save \$250 on your total cost.

You will need to pay a deposit of \$1000 by Feb 23rd to secure your spot on this retreat! Then, you will pay the remainder by June 14th.

Cancellation and Insurance

If you cancel prior to 60 days of our departure, you can receive all of your money back. If you cancel within 60 days of departure, your deposit will go towards my next retreat or any of the services I offer.

You will need to purchase your own insurance (if you don't have it already). I should probably have you each sign something that says I am not liable for any medical or transportation cancellation costs but I know you, so won't worry about that ;)