

Soul Revival in Sicily

A Women's Retreat in the Land of Light

May 23- June 1, 2026

Soul Revival in Sicily is a 9-night, 10-day sanctuary designed to nourish your mind, body and soul. It has been carefully curated to give you rest, renewal and reconnection with yourself and seven other like-minded, salt of the earth women. Nestled in Sicily's golden hills, surrounded by olive groves, citrus trees, a live volcano and the Ionian Sea, this retreat will immerse you in ancient Sicilian history, culture, architecture, beauty, and wonderful energy.

My retreats combine travel and inner work. Each day, we will meet to do about 1.5 hours of inner work. The rest of the day will be exploring and having fun!! The inner work will help you heal from your past, forgive yourself and others, identify incorrect beliefs and emotional blocks and begin clearing them. There will be meditations, journaling work and you will receive help in overcoming individual challenges through group coaching. Remember that whatever you share with the group will always be at your discretion (and everything shared will remain confidential); some will learn simply from others sharing of themselves. My intention for each retreat is that you receive exactly what you need and this is precisely what happens each time. I have hosted over twenty retreats so far, many of them internationally. You can read more about my credentials and business offerings on my website www.theresourcefulmother.com.

We will all meet at the gate at the Toronto YYZ airport and fly overnight on the same plane to Rome, Italy, which takes about 8.5 hours. Here, we will change planes and get on the 1.5 hour flight to Catania, Sicily (usually we don't sit beside each other unless you decide to bring a friend). A driver will pick us up at the Catania airport and bring us on a 50-minute drive to the adorable, peaceful island within the island of Sicily, called Ortigia. This is George Clooney's favourite getaway! You will have your own bedroom in a delightfully decorated Airbnb for 3 nights there. Here, you will unwind, experience the best food in all of Sicily, sun on the rocks, spend time at the harbour, tour the Siracusa Cathedral and Archbishop's Library, listen to music in Piazza Duomo, visit the fountains, shop in the beautiful stores, go on a tour of a bomb shelter where 10,000 people lived for two years underground, and more! This area of the Island is flat, easy to walk and not strenuous to explore in any way.

Here is some of the magnificence you will see in Ortigia and Syracuse:



The Ionian Sea



Piazza Duomo



Siracusa Cathedral

(Parts were built in 480 BC)



Secreta Palatii

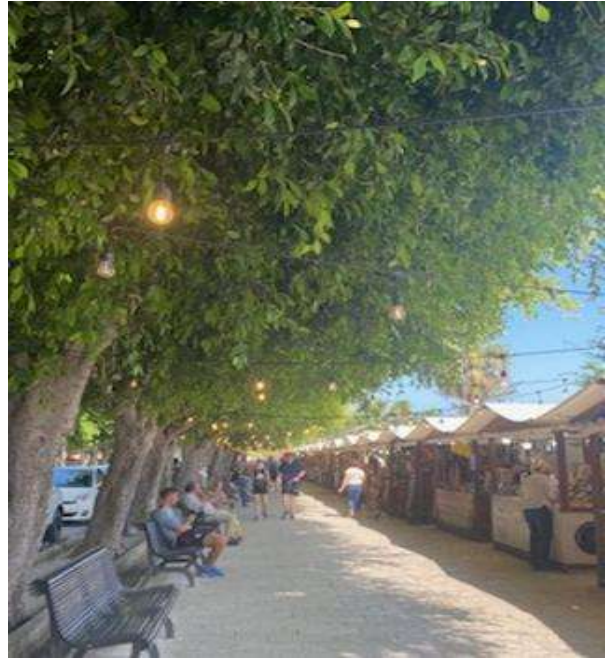
The Archbishop's Palace Library

A sample of one of our airbnbs



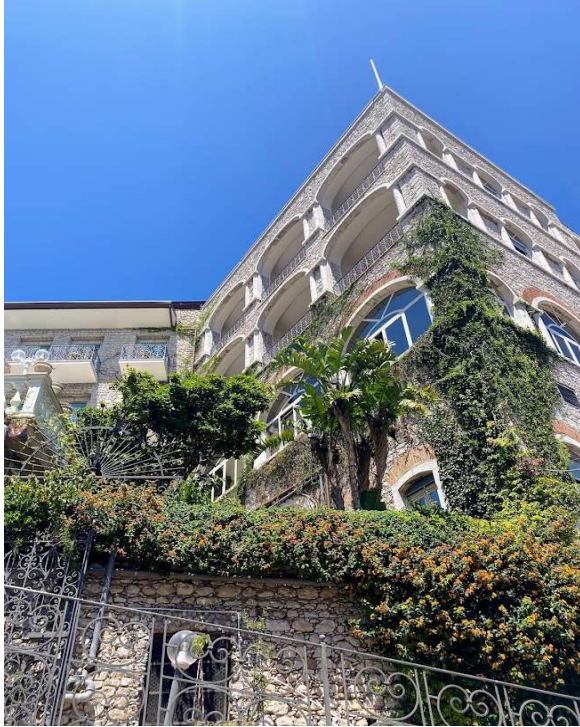
Two bridges link the mainland of Syracuse to Ortigia. We will cross the bridge on foot one day and visit the Temple of Apollo to see the remains of the first Doric stone temple in Sicily from 500 BC (it predates the Parthenon in Athens by 130 years) and explore the street market and Via Cavour's boutiques.

Then we will go on a half hour drive to the gorgeous town of Noto and stay for dinner! Nicknamed 'the garden of stone', Noto is referred to as Sicily's most pristine small city. A stroll through its elegant piazzas is like being immersed in a giant sculpture. We will enter through the Porta Reale royal gates, visit the artisans and tour the Cathedral of San Nicolo Church of Santa Ciara and the theatre!

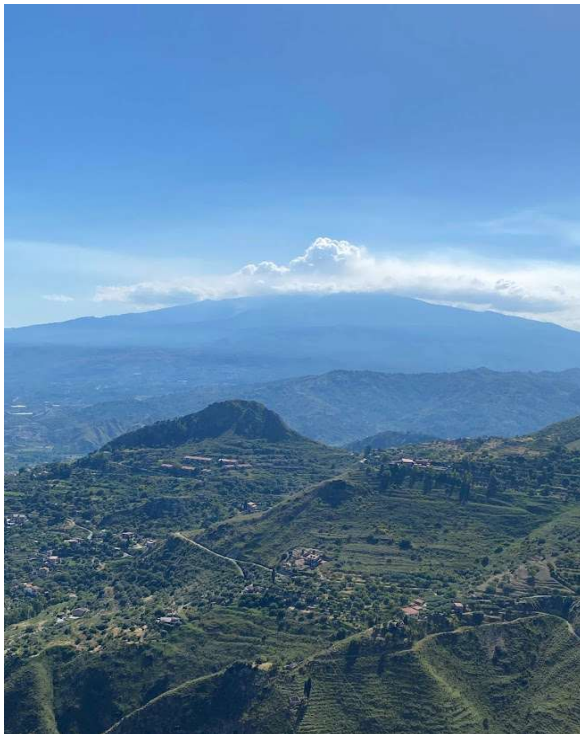


These are all pictures of Noto

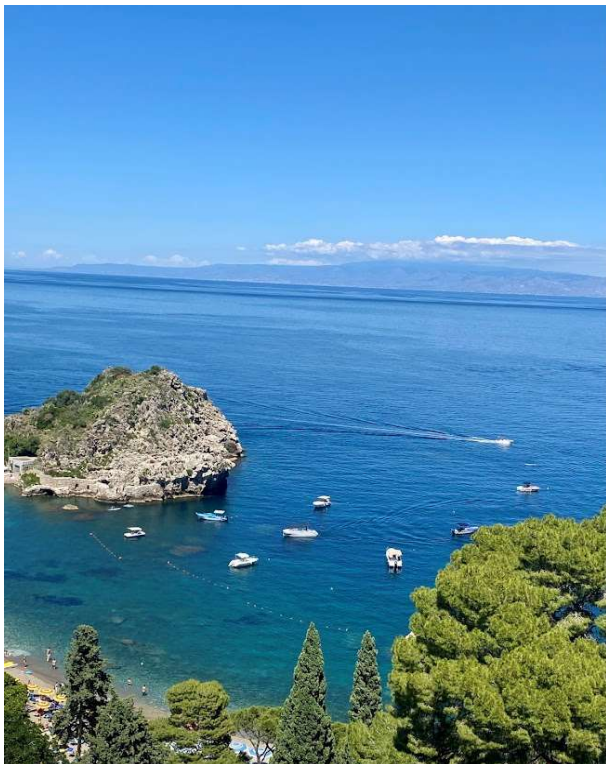
On May 27th, we will go to Taormina, Sicily! A driver will take us on the two-hour drive from Ortigia to the Taormina Park Hotel (4 star). We will spend 5 nights at this hotel, surrounded by lush gardens and panoramic views. Everything will be in walking distance from this hotel (more hills here!). We will see the majestic Mount Etna from all different vantage points (the tallest and only live volcano in Europe!!!) and the Ionian Sea and spend time in the historic centre of Taormina, which is made up of gorgeous shops, churches, squares, and restaurants.



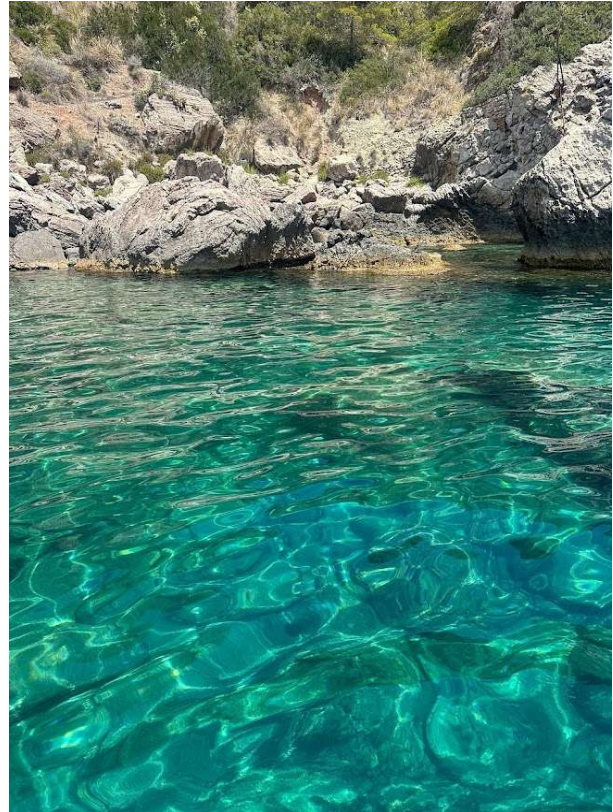
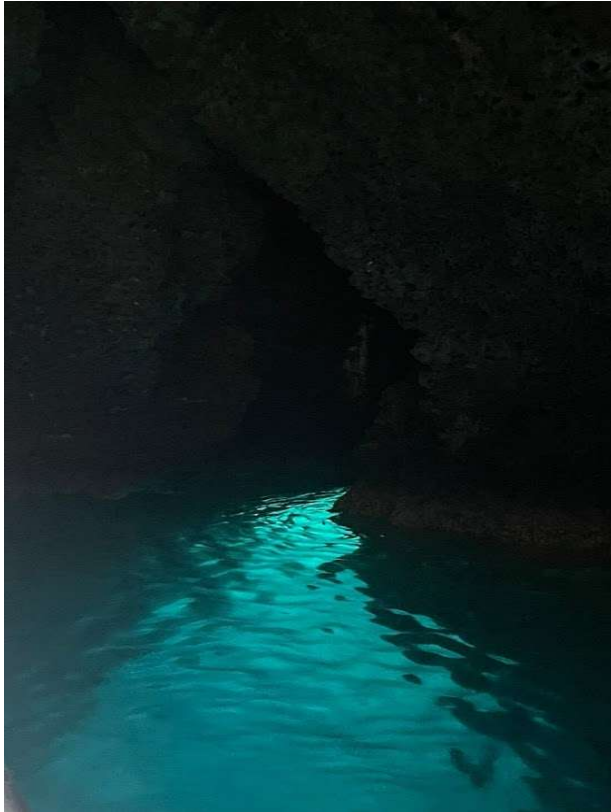
One afternoon, we will tour the fascinating ancient Greek theatre in Taormina, Teatro Antico di Taormina. And we have to head up the mountain above us and spend time in the charming, medieval village of Castelmola built around the ruins of a Norman castle! We will try almond wine and take in even more breathtaking views from the town's winding streets and piazzas!



Another day, we will take a cable car down to Isola Bella, lay on one of the most unique and stunning beaches in Italy and end the day by having dinner on the water at Il Gabbiano.



We will take a 2- hour boat excursion from Giardini Naxos and see Isola Bella, Mazzaro and Scoglia dell' Elefante with a swim stop in the emerald green waters of The Bay of Sirens.



We will be travelling with Air Canada because I compared 3 airlines and Air Canada is the cheapest and fastest. You will need to purchase your own airfare, cancellation insurance (optional) and have health insurance (my TD travel visa card covers me for this).

How do you know if this retreat will be a fit for you?

- 1. Do you have the belief that things usually work out for you? Many women are filled with fear and they don't find international retreats enjoyable for that reason.***
- 2. Do you believe in a higher power (For example, The Universe, God) and know that our souls choose to come to Earth for a specific purpose? This way of thinking is needed to do the inner work we do each day. Please remember that I am very grounded and down to earth in my approach to guiding you through inner work.***
- 3. I usually attract holistically minded women, being a registered holistic nutritionist myself and I do bring natural remedies to help anyone in need on my retreats. I am not preachy and believe in an integrated approach incorporating natural and medical. Are you open to seeing other women take natural remedies or discuss them?***
- 4. Can you pack a suitcase that you can carry yourself up three flights of stairs if need be? Not kidding! I have tried to plan things so there is not much walking with suitcases but I want to stress that you need to be able to handle your own suitcase. I do take a large one because I like to wear different clothes each day!***
- 5. Are you highly allergic or have a number of special needs? There was a woman wanting to come on a prior retreat who had multiple chemical sensitivities, was allergic to the sun and many foods; this wasn't the retreat for her.***
- 6. Can you handle a lot of walking in a day with lots of breaks? All women will be between the ages of 40 and 80, so we are not going to be overly ambitious with the walking but walking is our way of seeing everything.***
- 7. Are you okay with being with a loving, kind and fun group of women from about 9 am until about 10 pm each day with 1-2 hours alone to prepare for dinner? Remember, we will be seeing things in that time, in and out of shops, suntanning, swimming, on tours etc. There will be a day where we get a lot of time to do our own thing. Please note: You will have your own room throughout the whole trip!***
- 8. Do you want a beautiful, life changing experience? That's what my retreats provide every woman in attendance. NO ONE goes home disappointed; trust me!***

If everything you have read in this email meets with your approval, please arrange a time soon to speak with me, so I can answer any of your specific questions and discuss pricing.

Testimonials from Prior Retreats

“My trip to Southern Italy was candy for the eyes and healing for the soul. From the moment I arrived at the airport, I felt the energy of being part of a group of women on their own journeys of self-discovery and healing, all willing to hold space for one another. The variety of new experiences and sights was incredibly restorative.

Some of my highlights included a fun and delicious farm-to-table meal, filled with as many laughs as dishes that kept coming out. I loved swimming in the warm, deep blue sea, hiking through stunning landscapes, and doing meaningful inner work in beautiful settings. The healthy, artistically plated meals were a party of joy in my mouth, and the wine and limoncello were perfect finishing touches. I also appreciated the thoughtful activities Meredith planned, as well as the spontaneous adventures we created together.

Beyond exploring one of the most beautiful places I’ve ever visited, I had the time and space to process more of my grief in a healthy and cathartic way. Doing that in the company of loving, kind, and knowing women was profoundly meaningful.

If you’re looking for a fun, organized, and healing travel retreat, you may love one of Meredith’s retreats.. Signing up felt like a huge step out of my comfort zone — and I’m so glad I did.” Susan Albaum

“And so ends the trip to Italy!!! What a heart warming experience!!! To be with other strong women, having insightful conversations with one another while being hilariously funny as a group, teasing each other and being teased.

We connected with each other individually and in smaller groups to explore similar interests, like enjoying early morning walks by the sea and hunting for treats with other foodies.

The trip had a perfect balance of visiting picturesque sites, being actively adventurous, climbing a thousand steps up to the ruins or a thousand steps down to the grotto, all the while doing our share of inner work to release and let go and to embrace the abundant possibilities of our future. Life can get messy & complicated and beautiful & magical and investing in moments like these helps you to clean up the mess, gain clarity and indulge in the beauty of life and to thrive in it all!!!

Grazie mille Meredith!! As promised, this has been a trip of a life time. Looking forward to meeting up with all of you soon!!” Uma Katta

“Spending time in Italy with 8 strangers turned out to be one of the most transformative experiences of my life. From the stunning cliffs of Scalea to the turquoise waters of Tropea, and the timeless magic of Rome, every place left its mark — but it was the inner journey that changed me most.

Through deep conversations, guided reflection, and simply showing up as our true selves, we did the kind of inner work that stays with you long after the trip ends. I arrived not knowing what to expect — and left feeling lighter, braver, and more connected to myself than I've felt in years.

This retreat reminded me of the beauty of vulnerability, the power of presence, and how healing it is to be truly seen. I'm so grateful for every moment — and every soul I shared it with." Anonymous

"Attending Meredith's women's retreats has been nothing short of life-changing. Over the course of four retreats, I have experienced a profound transformation that I never thought possible. Meredith's approach is deeply powerful and truly impactful. She creates a space where you cannot only reconnect with yourself but also heal in ways you never imagined. Through her guidance, I was able to break free from old habits, including quitting drinking, and forgiving my father — processes I had struggled with for years. But perhaps the most significant shift was learning to love and honour myself. Meredith's wisdom, compassion, and strength are contagious. She holds space for you to explore, grow and shed old layers of pain, helping you find your true, empowered self.

Each retreat has been a journey of self-discovery and healing. Meredith's presence and her approach have made all the difference. Her ability to weave together personal growth with community support is unparalleled. If you are looking for a retreat that not inspires but also creates lasting change, Meredith's retreats are the place to be. I am forever grateful for the life-changing experiences I've had and the incredible person I've become through her teachings." Gemma Leggett

"Thank you so much to Meredith and all the incredible ladies for such a beautiful, memorable and soulful experience. You have made my first trip to Europe and Italy more special than I could imagine. We had an amazing synergy and connection and I felt like we were experiencing all of this with our young hearts; it really brought out our playfulness, joy and wonder as we explored this spectacular country. We truly soaked up and cherished every moment!

Thank you, Meredith for creating such an unforgettable, beautiful, heartfelt experience for all of us. I am beyond grateful for the depth of work, time and thought you put into the planning of this retreat and daily excursions around Italy! You prioritized making everyone happy and made sure we always had what we needed at every moment, which was so very considerate and thoughtful of you!" Debbie Metherall

"Back from an unbelievable trip of a lifetime. I took a chance and trusted the Universe that this would work out well! And I could not have been more blessed to meet such incredibly smart, funny and courageous women to experience Italy with! I cannot describe how amazing Italy is — this is something I have always wanted to do! This is a trip I will never forget and these are women I will always be grateful to learn from and stay in touch with!" Catherine Halliday