

Soul Oasis in Sicily

A Women's Retreat in the Land of Light

June 3 - 12, 2027

Soul Oasis 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.

Each day, we will meet to do about 1.5 hours of inner work. This retreat will provide you with incredible meditations, mind exercises, journaling prompts and we will delve deeper into overcoming any individual challenges you might be experiencing. Remember that whatever you share with the group will always be at your discretion; 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.

A driver will pick us up at the Catania airport and bring us 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, sun on the rocks, spend time at the harbour, 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 days at a time for two years underground, and more!

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)



The View from the Waterfront

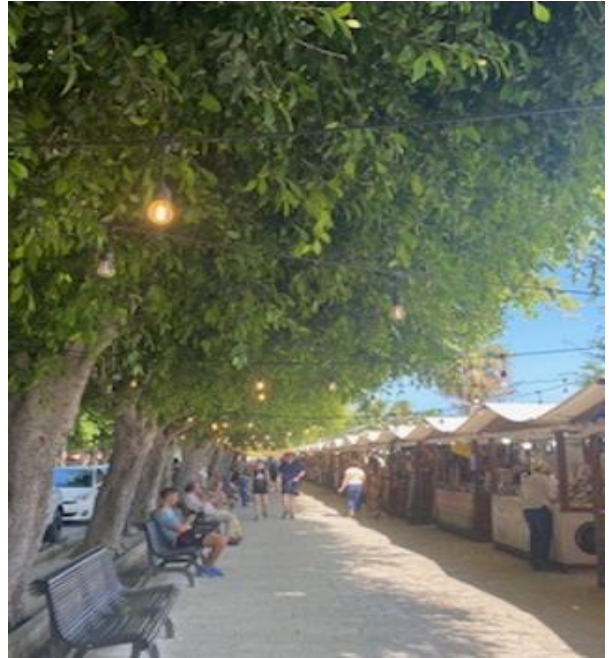
A sample of one of our airbnbs



Two bridges link the mainland of Syracuse to Ortigia. We will cross the bridge on foot 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), the street market and Via Cavour's boutiques.

Then we will go on a forty-five minute 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 artisan, enjoy the gelato and tour the theatre!

Here are some pictures of Noto:



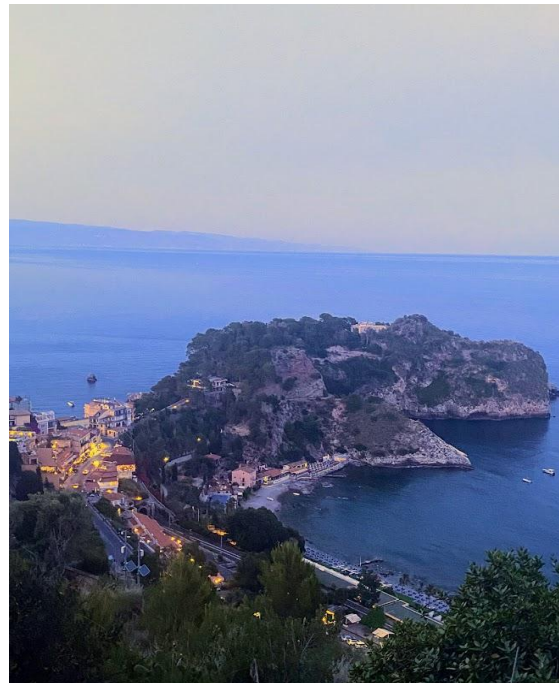
On June 7th, we will go to Taormina, Sicily! A driver will take us on the 1.5-hour drive from Ortigia to the Taormina Park Hotel (4 star). We will spend 5 nights at this hotel, surrounded by lush gardens and panoramic views. We will see the majestic Mount Etna (the tallest and only live volcano in Europe!!!) and the Ionian Sea from the hotel windows and pool! And we will spend time in the historic centre of Taormina, which is made up of gorgeous shops, churches, squares, and restaurants, all within walking distance from our hotel.



View from Taormina Park Hotel



View of Mt Etna from our pool



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 3 - hour boat excursion from Giardini Naxos and see Isola Bella, Mazzaro and dolphins (!) at sunset.



Testimonials from the last Sicily retreat (June 2026);

Mary Bastone: "You never fall short with any of your retreats but this one surpasses them all. Not only are you the most caring and loving person I have ever met in my life but you are a fantastic coach. And all the beauty we experienced!!!! This was a trip of a lifetime. We love you. Keep on going!"

Catherine Halliday: "Simply spectacular way to spend time with some of the kindest, wisest and incredible women I have ever met. Thank you, Meredith for putting your dream into reality! We love you and so appreciate you and all that you do!"

Debbie Metherall: "I'm so thankful for all you do and for the incredible experience we shared together. It was so fun and magical. Thank you for all your beautiful wisdom and everything you gave us and taught us in our inner work."

If this all sounds simply wonderful to you, let's arrange a time to talk so that I can get to know you and you can get to know me (if we don't know each other already!) I would also be happy to answer all your questions.

Following that meeting, if everything meets with your approval, you would e-transfer me a \$1500 deposit to secure your spot and I will send you the flight information soon after, so that you can book your flight, well in advance, before the prices increase. I will collect the rest of the money about two months prior to our departure and provide you with a detailed itinerary and packing list at that time.

I am already so excited for this retreat to take place again!

Meredith Deasley, has owned The Resourceful Mother and been connecting families to health and happiness since 2002. She is an accredited life coach, registered holistic nutritionist and author of three published books. She has run over 35 retreats for women in different parts of Italy, Mexico, her home and in 2027, she will be offering one in The French Riviera in France. You can learn more about her at www.theresourcefulmother.com