

*Julie Meek's Italian
Yoga and Wellness Retreat*



29 June - 6th July 2024



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 Villa Tramonte TUSCANY + gastronomia + a room with a view
- ▶ Home made Tuscan vegetarian food created with love by the amazing Sara (3 meals / day except 1 x lunch / dinner when at Cinque Terre) + 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
- ▶ 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

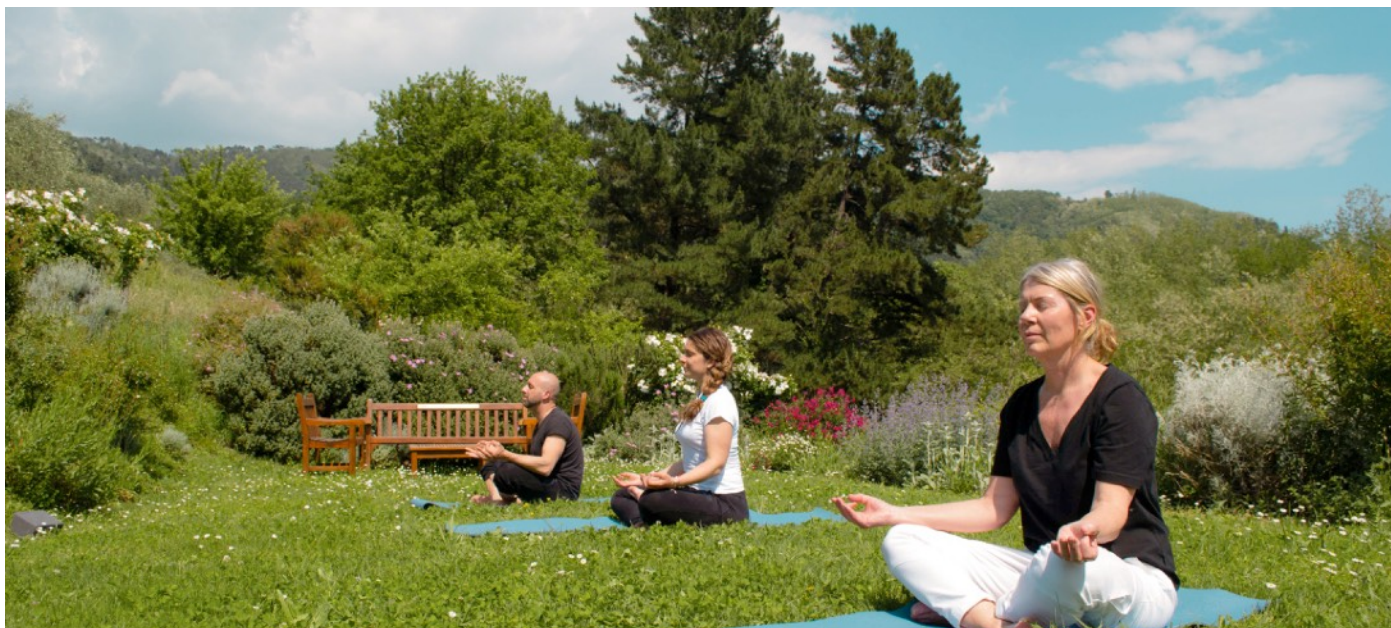
Each day, Julie will share a bite sized strategy or tactic that you can weave into your life, to enhance your personal productivity, well-being and performance.

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.

OPERA + Aperitivo

For a truly unique experience, we will be attending the magical Puccini opera in Lucca (the birthplace of Puccini). Includes transportation and aperitivo.



Other Inclusions

- ▶ Transfers to and from Lucca train or bus station to Villa Tramonte 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 Villa Tramonte in Tuscany

Retreat Exclusions

- ▶ Airfares
- ▶ Travel insurance
- ▶ Airport Transfers
- ▶ One lunch and one dinner out during excursions to Cinque Terre and Carrara
- ▶ 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

AU \$3999 (approx. 2600 euro depending on exchange rate) twin share - all inclusive

For further information and to register

email: julie@juliemeek.com.au

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

About Villa Tramonte

Villa Tramonte retreat centre offers the warmth and intimacy of an elegant Tuscan villa in a secluded setting. The fully restored 18th century estate is surrounded by natural woodlands, olive groves and fruit trees.

Decorated elegantly in classic Tuscan style with plenty of outdoor tables to eat al fresco, the villa boasts beautiful, landscaped gardens, a swimming pool, a dedicated yoga studio and an outdoor grassed area for practising yoga. The estate produces it's own fine quality cold pressed oil and seasonal fruit and vegetables. Ideally located in the heart of Tuscany, it is the perfect base to explore Italy.



About our teachers

About the Food

The retreat menu is vegetarian & we have a wonderful local cook Sara, 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.

Sara 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 Villa Tramonte & is served during our retreats. Upon request, Sara can cater for dietary requirements.



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.

Vicki Vollmer

Vicki Vollmer has been practicing and teaching yoga for over 30 years. She has studied extensively with many of the finest teachers and has travelled to India to study with the Iyengar family in Pune.

Vicki has lived in Tuscany for 15 years and practices and teaches yoga in the delightful town of Pietrasanta.

