



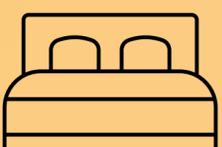
Embracing Expansion

Spark Your Life in Tuscany

A 7-DAY WELLNESS RETREAT IN THE BREATHTAKING REGION OF TUSCANY, ITALY

A SPACE FOR INNER GROWTH, PLAYFUL PERSONAL TRANSFORMATION, AND DEEP HEALING TO REIGNITE YOUR PASSION FOR LIFE.

JUNE 5TH - 12TH 2023



7 Nights



Healing



Nature



Meditation



Nourishment

Are you feeling stagnant, limited, or de-energized in your mind, body, and spirit?

Are you looking for ways to build inner strength and stability?

Are you craving an opportunity to reset your compass and move forward with passion and purpose in your life?

You may find yourself in a periods of stress, overwhelm, and even fear during these chaotic times. This may show up in your life as postponing your **dreams** and **goals**, feeling unsure of what your next steps will be, longing for community, and unable to find **balance** between self-care and giving to those you love.

You are not alone! Many of us are struggling to recalibrate our way of being in this continuously evolving world. This is what inspired and propelled the birth of this uniquely nourishing retreat: Embracing Expansion!

Are you ready to open yourself to more joy, fulfillment, and freedom?

Interested in finding new patterns and behaviour that actually support you living a fully engaged life?

Join us for a **transformational journey** to **spark your joy for life**. Here you will connect with **nature**, share company with like-minded individuals, and be supported through **ritual** and **ceremony** by two knowledgeable, soulful, and heart-centred facilitators.

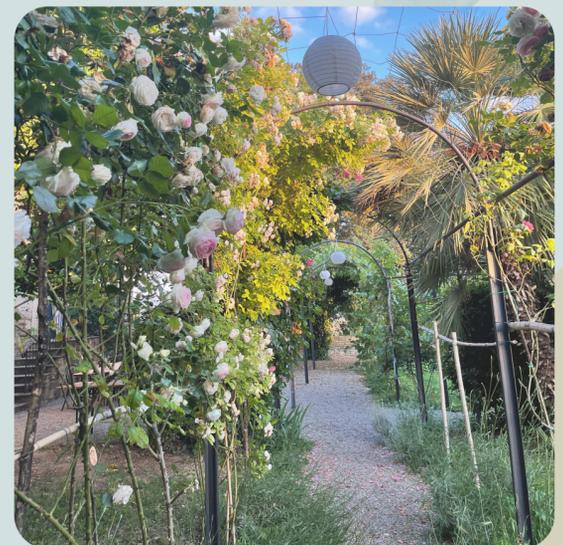
**Delight and nourish your senses.
Come alive! Reignite your life!**

**Re-treat yourself in the nurturing region
of Tuscany, Italy.**

Imagine in only 7 days transforming from feeling...

- **Unsure** of the future, to **excited** about the **unknown**
- Stuck in your body and mind, to being flexibly **engaged in the present**
- At capacity in life, to **revitalized** and **energetically abundant**
- Fearful of what is to come, to **having the courage** to step into an **expansive vision** of your **future**
- Like you don't know what your next steps are, to **courageously trusting** that you are **supported by all that surrounds you**
- Drained and depleted, to **ignited** and **passionate** for the life you are living





Retreat Outline

Each day is unique in its teachings and experience but all will include a morning meditation, daily dose of movement, and free-time for self reflection.

DAY ONE: Here we set the stage for the entire retreat experience where the intention is to ground and **ENVISION** the possibilities within the journey that lies before you. Getting acquainted with the gorgeous La Chiara di Prumiano grounds as well as the other group members, we begin our Tuscany journey together through ceremony and ritual.

DAY TWO: A day to **ENGAGE** through deep reflection and connection in nature. Reflecting on the present moment and uncovering the blockages and challenges that cloud the path towards expansive thinking and being. Drawing power from nature, the exercises of the day will provide you with new tools that will help you transform those blockages to positive lessons.

DAY THREE: This is a day to **EXPLORE** as we embark on an excursion to nearby San Gimignano to experience the rich medieval history and charm of the surrounding area. We will visit a family-owned olive oil farm and winery specializing in the exquisite Chianti wines of the region. This day includes a delicious homemade lunch, an opportunity to explore shops, and to taste the "best gelato in the world"!

Retreat Outline

DAY FOUR: ENCOMPASS the rich wisdom of your life as you shift from old habits, self-concepts, and stories that have been holding you back. Breathe in new ways to spark your life, heal and expand through gratitude with nurturing and healing experiences. The day will also include a meditative visualization journey and a star alignment ceremony.

DAY FIVE: Continue to **ELEVATE** your energy with creative activities designed to deepen learning and integrate your understanding. This day provides space to bring an elevated perspective to who you are and discover how you can choose to move through life with purpose.

DAY SIX: EXPERIENCE the sensual pleasures of a Tuscan truffle hunt and authentic cooking class. This unique day trip offers a chance to savour the flavours of life and enliven your senses.

DAY SEVEN: EMBRACE your new vision through powerful ceremony where you will encode your Tuscan transformation. As we prepare to return home, we integrate and step into your new and expansive vision created on our journey together.

DAY EIGHT: EMERGE refreshed and renewed as our time in Tuscany draws to an end and your new life begins.





What You Get



An 8-day, 7-night stay at the gorgeous **La Chiara di Prumiano villa** in the Tuscan countryside with a spectacular view and private pool amenities. **Breakfast, lunch, and dinner** will be provided with **locally sourced ingredients** specially prepared by in-house and **world-renowned artisanal Chef Paolo**.

Transportation to and from the Florence train station will also be included along with transport and fees for **2 day trips - Truffle hunt and cooking class + magical medieval town exploration and winery**.

(Please note single supplements are subject to availability for an additional cost of \$699 CAD for the week.)

VALUE: \$4,167

Daily access and teachings by international healers and practitioners Dr. Anita Shack and Dr. Jackie Eldridge who have **collective wisdom totalling over 50+ years**. These knowledgeable facilitators have curated experiential exercises designed to guide you through **transforming your sense of self and perception of the world**. During this time with them you will gain a **deeper connection to yourself and others** as you leave with **powerful and impactful tools and practices** that you can use for the rest of your life.

VALUE: \$9,300

Expansive experiences with an incredible community of individuals creating connections that will last a lifetime.

VALUE: PRICELESS

Additional Customized 1:1 Healing or Counselling:

Personal in depth coaching and energy exploration with one of us during retreat down time.

VALUE: \$300/hr CAD (cash or e-transfer)

TOTAL VALUE: \$13,467

YOUR INVESTMENT: \$5,199 CAD

EARLY BIRD: \$4,499

Early bird ends on November 21st, 2022

*** \$600 Deposit Required ***

TO SAVE YOUR SPOT!

Email our certified retreat coordinator at

cathy.wassermann@visiontravel.ca



Meet Your Guides



Dr. Jackie Eldridge and Dr. Anita Shack are kindred spirits who are excited to collaborate and offer this special retreat. Collectively, their wisdom as compassionate teachers, healers, mothers and mindful practitioners make this a retreat not to be missed.

Jackie Eldridge



With many years as an elementary school teacher, teacher educator, university administrator, author, keynote speaker and coach, **Dr. Jackie Eldridge is passionate about inspiring teachers, parents and leaders to be the best they can be so they will be agents of change.** Jackie is a co-founder of Hearts and Minds Matter, a professional development company devoted to helping educators understand the **importance of building inclusion and community** in classrooms and schools.

Jackie also teaches the Fundamentals of Teaching and Learning at the Ontario Institute for Studies in Education in the Master of Teaching Program. **Her work is grounded in her belief that living, learning and working environments must be safe, nurturing communities where people have what they need to thrive and grow.** Jackie believes that all people can make a difference in the world when they are able to tap into their own understanding of self and others. **Jackie's doctoral research on the ethics of care demonstrates her core value of the importance of caring connections in all of life's relationships.**

Jackie is also a trained Mindfulness-based Stress Reduction (MBSR) facilitator and retreat leader. Her passion for work in these areas is a result of her experience growing up with trauma and seeing the effects that both of these practices can have on one's healing and transformation. Jackie's depth of understanding for mindfulness has made a significant difference in her own life and those with whom she has worked over the past twenty years.

Jackie is the **co-author of Hearts and Minds Matter**; Creating Learning Environments Where All Students Belong, the **author of Mindfulness: 15 Tips to Get You Started**, The Freedom Journal: Silencing the Critic to Free Yourself for Possibility, **co-author of How to Be a Good Elephant**, and the **co-creator of Intentional Emotional Intelligence cards** for children and adults. Jackie is currently writing a new educational text entitled: Trauma-Informed Classrooms: Hearts and Minds Really Matter and a memoir with her half-sister whom she just met.

Jackie also facilitates workshops in emotional intelligence, personality dimensions and brain-compatible learning.

Anita Shack



Anita Shack DC, BFA, is a Toronto based Integrative Health and Wellness Practitioner who uses Chiropractic, Acupuncture, and Craniosacral Therapy to facilitate transformational change and wellness for her patients. She is in both private practice and the lead Chiropractor at the Al and Malka Green Artists' Health Centre at the Toronto Western Hospital. **As a published researcher and an international speaker and teacher she explores holistic context in her work and her workshops which are designed to increase personal awareness leading to improved health on multiple levels.**

Dr. Anita Shack has a background in dance, as an educator, as well as a professional modern dancer and choreographer. **It was her background in dance that fed her fascination with the relationship between structure and function, and the body/mind/spirit connection.** She has studied **Mindfulness Meditation, Shamanism, Shamanism based in Kabbalah, Flow Yoga, and Qi Gong** all of which she integrates into her work and teaching.

Dr. Shack is an accomplished teacher and presenter. She has taught workshops at The School of The Toronto Dance Theatre, York University, Ontario College of Art and Design, University of Toronto Faculty of Drama and Faculty of Music, Randolph Academy of Performing Arts, University of British Columbia at the Spirituality and Health Conference, Artists' Health Centre Foundation, and the Art Gallery of Ontario. She has also presented at the International Symposium of Performance Medicine in Iceland. Research on the effectiveness of her **"Self-Esteem Tool Box for Artists" workshop is published in the journal, Frontiers of Psychology.** She has also led Ancient Wisdom for Modern Times workshops and retreats in Toronto, Mexico, and Maine. **Most recently Dr. Shack was commissioned to create an online workshop series entitled the Art of Wellness: Finding Balance.**

Dr. Shack draws on her expertise as a health care practitioner for **35 years, her varied life experiences, and her over 30 year study of earth based and spiritual healing paradigms.** She creatively weaves knowledge and ritual from these ancient traditions into experiential workshops. She teaches with grace, open heartedness, and humour, to empower participants to find greater connection and healing from within. She creates safe and caring environments as she encourages participants to explore and offers tools and knowledge that are immediately applicable. **Her workshops are powerful and transformative and have been described by participants as life changing.**

Testimonials

"This was a perfect retreat to slow down, be present in beautiful natural surroundings and connect with my mind, body, and spirit. I enjoyed Jackie and Anita's heart-centered energy which was infectious and created an environment of trust and sharing.

It was brilliant to start each day in the lovely outdoor yoga area where we got grounded and in touch with who we are. I'd highly recommend this retreat. Plus we got to be in one of the most beautiful spots in Tuscany!"

Heather Kerr, Artist and Life Coach

"I came to the retreat feeling pretty frazzled and exhausted from worry and anxiety. I left feeling like I was floating on a cloud! For anyone who is new to the idea of a retreat, this is a good way to gently slide into the experience. Anita and Jackie are extremely skilled in adapting for all members, so everyone feels included."

Beth Parker, Writer and Artist

cont...

"My wellness had plateaued and my journey along my life path was stagnating. I needed to step out of my current day to day and examine where I was at, what was preventing me from moving forward with my wellness and my life.

I was able to identify key tools to assist me in getting things progressing along my wellness and life path. I now can reframe each day as though it is an opportunity!

Anita and Jackie made the retreat a safe, non-judgemental environment for everyone."

R. D. Retired

"During the retreat, I developed a greater sense of self-acceptance of my body and a new sense of freedom of spirit. I came away happy and at peace."

B. J.

cont...

"I think this trip provided a really necessary reset for my nervous system and realignment of my spirit. The movement and visualization sessions were powerful and the group sessions really helped me feel connected and supported by everyone.

I returned home feeling nourished in mind body and spirit. Thank you!!"

J. M.





Join Us!

Regular Price: \$5,199 CAD

EARLY BIRD: \$4,499

Early bird ends on November 21st, 2022

** You will be responsible for your own airfare*

*** \$600 Non-refundable deposit is required at time of booking*

TO SAVE YOUR SPOT!

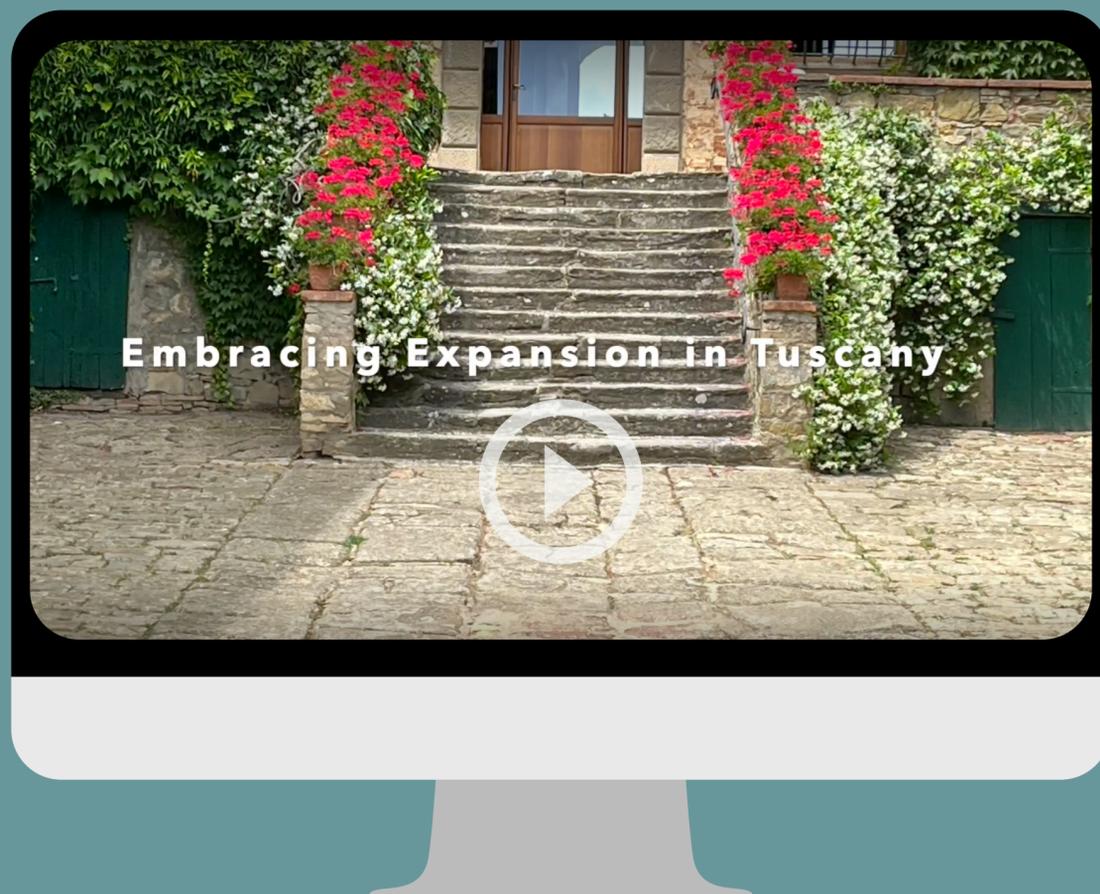
Email our certified retreat coordinator at

cathy.wassermann@visiontravel.ca

TEL 905.873.2000 ext. 1232

Final payment is due April 24th, 2023 and is 100% non-refundable from final payment date to departure date.

Click On the Image Below



Watch Our Video