



# THE ESSENCE PROJECT

Header Image Placeholder

**Pathways to Our True Essence**  
**Tuscany, Italy — 25–29 June 2026**

A refined, intimate journey into inner quiet, energetic awakening, and embodied presence — held within the beauty and serenity of a private Tuscan villa.

## What You Will Experience

- Energetic activation & exploration
- Meditation & breathwork
- Somatic movement & intuitive embodiment
- Shadow exploration
- Sound & frequency immersion
- Reiki healing
- Forest bathing
- Craftwork to soothe the nervous system

## Why This Retreat Is Different

This is not a yoga retreat — though yoga informs the work. It is a deeply personalised, spacious, and elegant invitation to return to your essence. With only 5–8 participants, each guest receives individualised attention, intuitive guidance, and profound holding.

## Location

### **Villa Valdiperga, Tuscany**

A serene historic villa surrounded by rolling hills, ancient trees, and luminous Tuscan light — an ideal setting for restoration and inner exploration.

## What's Included

- 4 nights luxury accommodation
- All practices, workshops, and guidance
- Plant-based meals
- Energy & Reiki sessions
- Craftwork materials
- Forest bathing experience

## **Pricing**

Pricing varies by room selection. Full pricing sheet available upon request.

## **Reserve Your Place**

Limited to 5–8 participants.

A brief call ensures the retreat aligns with your intentions.

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“Step into your essence... and emerge transformed.”