

# COURAGEOUS LIVING RETREATS ~ FLORENCE, ITALY

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## How much FUN can you have?

Courageous Living Retreats are designed with one question in mind: **How much FUN can you have ?** Think good food, good conversation, time to nap in a patch of sun, time to play in a vibrant city, time to write, time to sketch, time to take beautiful pictures, time to connect with other like-minded souls who are using this time together to rest, re-boot, re-charge.

This woman's only retreat will be held October 11-15<sup>th</sup> in Florence, Italy. You don't need to "do" anything other than expect to spend time relaxing and nurturing you. Outings will be available as a group, or you can elect to get the rest you need in a quiet, natural environment. Whether you choose a comfy bed with a book or a photowalk in the city, you get to indulge in what nourishes you--a courageous choice for self-care that, in return, allows you to live bigger when you return to your everyday life.

A **Courageous Living Retreat** gives you the opportunity to spend a weekend relaxing and having fun. As a side benefit, you might:

- Get clear about what needs to happen in your every day life to wake up in the morning feeling excited about the day.
- Bring self-care into the forefront of your life, enabling you to also give more care to the people you love.
- Tap into passion and play.
- Take time to indulge in a weekend of creativity.
- **EXPLORE THE BEAUTIFUL CITY OF FLORENCE, ITALY!**
- Connect with other women who are interested in living big, being creative, and connecting with both time for rest and time for adventures.
- Eat amazing food (accommodations can be made for vegan, gluten-free, and dairy free options).

If there's any place on earth to experience sinking into pleasure—whether that pleasure is adventures outdoors or the simple pleasure of a glass of wine and a good book—Italy is that place, and Florence is an amazing home base.

**Schedule:** Arrive in Italy on Monday, October 11th (*note that this is a women's only retreat, and it is also a non-smoking retreat*). The retreat officially begins at 3:00pm. The retreat ends at noon on Friday the 15<sup>th</sup>. I can put you in touch with local accommodations for longer stays.

**To register:** *Space is currently wait-list only!* Please contact me at [kate@yourcourageouslife.com](mailto:kate@yourcourageouslife.com) to be placed on the wait-list.

A \$400 non-refundable registration fee is due at the time of registration. The deposit is applied to the total cost of the retreat. An installment plan is available for the balance.

**Costs:** The total cost for the workshop is \$1,000. It *includes* :

- Five days of lodging in a beautiful, centuries old villa on the border of Florence. These gorgeous accommodations are on quiet, private grounds. We will have access to a large Salon/lounge area for meals, the enoteca for wine tasting, and central Florence is only 20-minutes away.
- Two meals per day are included in this price; usually this will be breakfast and lunch, giving us the opportunity to try new places for dinner.
- A portrait photoshoot in the Italian countryside.
- Classes in painting, photography, and writing.
- Guided tours of Florence; optional day trips to surrounding areas.
- Also included is a JourneyBook, a special book for you to use to record notes and insights during your journey. This book will also include special maps and guides to the city of Florence.

It is estimated that you would want to bring between 100-200 Euros cash for miscellaneous, on-the-go things such as grabbing a bottle of water while you're out and about and sampling amazing gelato. **A payment schedule is available** for the balance that remains after the deposit is applied, to help you budget your expenses. Airfare is not included.

**Contact:** [Kate Swoboda](#), 510.827.0303 or [kate@yourcourageouslife.com](mailto:kate@yourcourageouslife.com)



Kate Swoboda fell in love with Italy in 2008, when she spent 30 days touring and writing about Europe for a local newspaper. Upon her return, her photographs of Italy were part of a solo photography show held in the San Francisco Bay Area. In the summer of 2009, she lived in Florence and studied Italian and sampled quite a bit of gelato! Kate also has a Master's in English: Creative Writing and has published her writing online, in literary journals and newspapers. She books professional portrait sessions in the San Francisco area. She is currently still studying Italian, loving her very Italian boyfriend, and dreams of dual-citizenship.

## A small visual portfolio...



**View** the famous Duomo in the morning as the sun is just lifting, or see it as dusk is settling in, the street performers are coming out, and children play tag in the piazza.

Take photographs, sketch the duomo, or just people watch from a local café (Kate can direct you to the best of them!).



**Relax** amidst flowers, trees, sprawling ivy, vines for grapes and vines for olive oil. Nestled on a hillside just on the outskirts of Florence, our villa is a quiet respite from the busy central area of tourist hot-spots. It is here where you can sip a glass of wine and read a good book, or take a nap in the grass in a patch of sun.



We'll have a central Salon room where you can optionally take classes in writing, painting, or photography. We'll also have use of our own kitchen, enabling those with dietary restrictions to have their own reserve of food!

Italy has so much to offer—beautiful music, views, countryside, people—it is a delight to the senses.

Inspiration and the opportunity to PLAY are just some of this country's many treasures.