

Chasing the Light

Tuscany Retreat



Aromatherapy & Elemental Yoga

June 6th - 11th, 2026



Tuscany, Italy

A land where light feels alive—soft, golden, and ever-changing. Tuscany is Italy at its most poetic, where rolling vineyards, medieval towns, and fragrant herb-lined paths set the pace for slow, soulful living.

For our next Anam Cara retreat, we chose Tuscany for its effortless ability to awaken the senses. Here, aromatherapy blends with the natural scent of wild herbs, elemental yoga flows under open skies, and countryside walks lead you through landscapes that feel painted. Beach picnics, wine tastings, and market adventures with local produce ground you deeply in the rhythm of Italian life.



Program Highlights:



- **Elemental Yoga** – Move with the rhythm of nature as each session connects you to earth, air, fire, and water—balancing body, breath, and inner stillness.
- **Hikes in the Tuscan Countryside** – Wander through rolling hills, vineyards, and cypress-lined paths, soaking in landscapes that feel painted by hand.
- **Wine Tasting** – Sip on Tuscany's finest varietals and learn the stories behind its vineyards, traditions, and centuries-old craft.
- **Local Food** – Savour rustic, seasonal Italian dishes made with love, simplicity, and ingredients sourced from the land around you.
- **Wild Herb Walks** – Discover the scents, textures, and healing properties of native herbs as you walk through fragrant fields with an expert guide.



- **Journaling** – A gentle space to reflect, release, and reconnect through words—guided prompts to help your inner voice unfold.
- **Storytelling & Poetry** – Evenings filled with shared stories, soft language, and poetry that moves—an invitation to connect through expression.
- **Olive Picking** – Experience the quiet magic of harvesting olives—hands-on, grounding, and deeply tied to Tuscany’s ancient traditions.



- **Discovering Ancient Villages** – Step into time-worn towns, stone pathways, and local life as you explore medieval villages rich with history and charm.
- **Beach Picnics** – Slow afternoons by the sea with fresh food, soft waves, and the simple joy of unwinding under the Tuscan sun.



Itinerary

DAY 1 – ARRIVAL

Welcome & Dinner



DAY 2

GROUNDING INTO SELF

Morning practice to awaken Earth

Brunch

Evening session

Fire side & Story telling

Dinner



DAY 3

FINDING FLOW

Re-Wild Hike & Beach

Movement practice

Awaken water

Picnic Brunch

at the beach

Evening session

Aromatherapy workshop

Dinner

DAY 4

STOKING THE INNER FIRE

Morning practice to awaken Fire.

Brunch

Wild herb walk

Evening session

Making magic potions & elixirs

Dinner

Itinerary

DAY 5

EMBRACING LIGHTNESS

Morning practice to awaken Air

Brunch

Day Out

in the Tuscan country side

Dinner



DAY 6 – DEPARTURE

Breakfast & Farewell



Casa Alberelli

The Alberelli Farmhouse, near Nibbiaia, is surrounded by nature just 10 minutes from the sea of Livorno along the Etruscan Coast, in Tuscany!

The Alberelli Farmhouse, built in a seventeenth-century monastery, is located at the top of a hill, along the Etruscan Coast, in the province of Livorno, in Tuscany. It is surrounded by Mediterranean greenery and overlooking the valley to the sea...

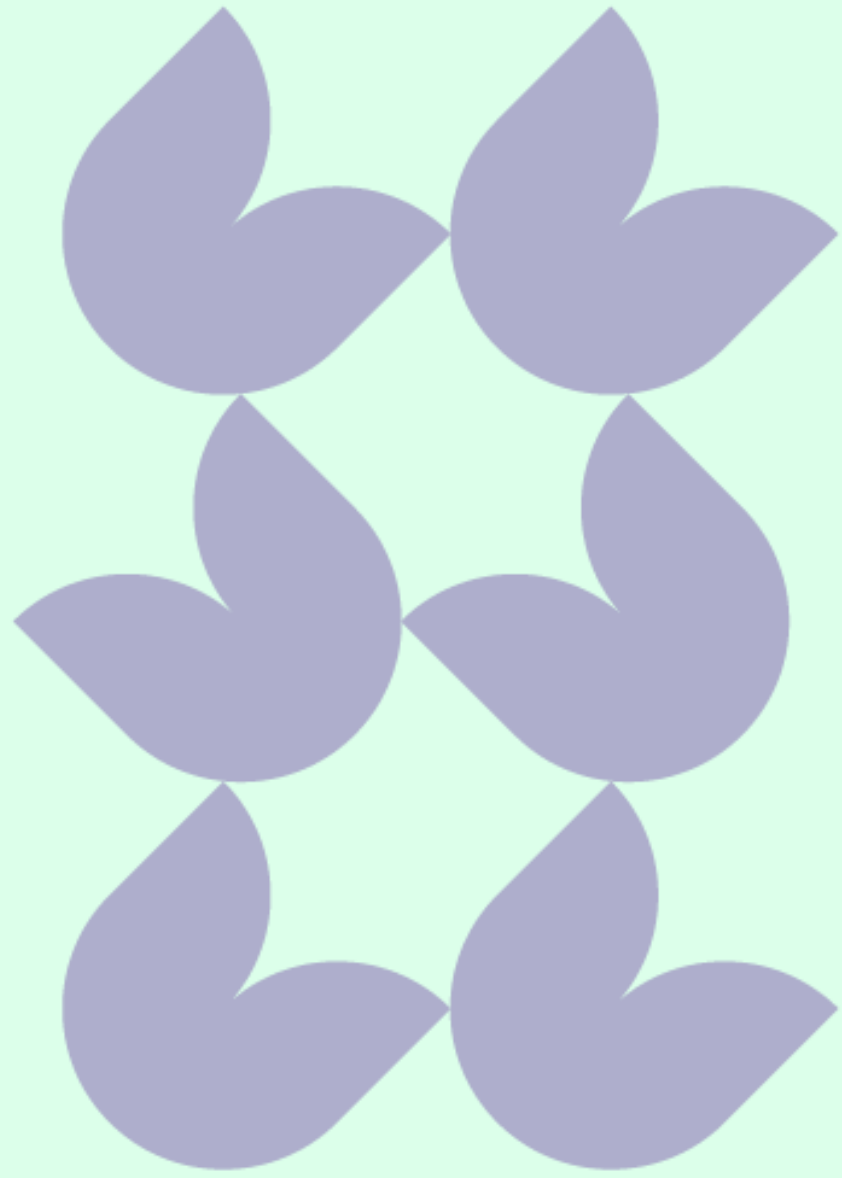


Stay at Casa Alberelli




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Package cost

5 Nights & 6 Days

Brunch & Dinner

Aromatherapy workshop

All live music

All wellness sessions

Herb Walks and Olive Picking Session

Exploring Tuscany Countryside and Local Food

All internal transport

Shared Room:

1500 Euro

Single Room:

2000 Euro

