

JULY 2027

TUSCANY RETREAT

A Soulful 7-day retreat

SLOW LIVING

Ebbio, Tuscany | July 2027

Slow down. Breathe deeply. Create. Reconnect.

Nestled among the rolling hills of Tuscany, Ebbio is a beautifully restored 13th-century farmhouse surrounded by ancient forests, olive groves, organic gardens, and the breathtaking Italian countryside.

Join me for seven days and six nights of mindful living, nourishing food, and meaningful connection as we step away from the demands of everyday life and rediscover the beauty of slowing down.

This retreat is an invitation to rest your nervous system, deepen your self-awareness, and reconnect with what truly matters. Through daily meditation, gentle movement, creative expression, and time immersed in nature, you'll discover that slowing down isn't about escaping life; it's about learning to meet it with renewed presence, clarity, and insight.

During our week together, you'll enjoy:

- Daily guided meditation and mindfulness practices
- Gentle movement and nervous system regulation through somatic movement, breath-work, Yin Yoga, and Pilates
- Creative experiences, including Italian cooking, art, and a foraging and herbal workshop
- Time to rest, read, journal, or simply relax by the pool
- Organic, vegetarian meals prepared fresh from farm to table
- A refreshing swim at a nearby magical river
- Walk to a medieval village to soak up the rich culture of Tuscany
- A supportive and intimate group experience

This retreat offers the space to pause, breathe, and return home feeling grounded, restored, and inspired.





Ready to experience the perfect countryside retreat in the heart of Tuscany? Join a small intimate group for a deeply restorative week. Twin share and private rooms available.



Hosted by Amanda Sutherland
Meditation Teacher • Somatic Educator • Pilates Teacher • Coach

For more details and prices please register your interest at
amanda@innerinsight.co

