

Soul Sojourn of the September Moon: A Journey of Self-Discovery and Healing in Sunny Italy

Join us for a nine (9) day retreat in Ronciglione, Italy that will be an inspiring exploration of both the natural wonders of this alluring region and the inner “landscapes” of your magnificent soul.

Enjoy the lush beauty and natural settings of Villa Lina. Just a short distance from Rome, Villa Lina is the beautiful estate and property of the hostess Paola Iglori. You will be provided with a guided tour through the inner pathways on your personal journey to self-discovery using a specially designed program that integrates the knowledge of the seasons; cycles of the moon; planting/seeding intentions; local produce; the elements of water, wind, earth and fire, as well as sound, scent, and color all with a mind, body and spirit focus.

The week will unfold with a series of activities and events that will permit you to choose the right level of activity for your personal enjoyment. You will have an opportunity to experience three distinct phases: Self Assessment, Exploration, and Unity. These three phases will allow you to create your own curriculum for health, wellness and self-discovery, with attention to techniques for sustaining and maintaining your focus once you leave. **Airfare not included**

www.747seminars.org

The trip will include:

Movement
Storytelling
Film Festival
Reiki
Meditation
Music

Talks by local Artisans

Retail therapy

Journaling

Garden Talks

Wellness Demonstrations

Fireside Chats

Slow Food

Aromatherapy

Mindfulness Activities

Sightseeing

September 10-18, 2010
Early Bird Rate \$2500
After March 2010 \$2950
Payment Plans Available

www.villalina.com

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