

Intentional Italy

Featuring Florence and Tuscany

Day 1:

Arrive in Florence. Airport meet & greet and transfer to Florence.

Soprano Suites - A boutique hotel, tucked into the top three floors of a 16th-century mansion in the Spirito neighborhood of the city.

Enjoy a curated wellness dinner.

Day 2:

Morning yoga & Breakfast

Local market tour

Lunch

Visit Boboli Gardens

Guided meditation

Dinner at a local restaurant.

Day 3:

Morning yoga & Breakfast

One-on-one wellness consultation

Workshop

Group lunch at local restaurant

Bicycle tour of Florence

Dinner on own.

Yoga by candlelight, evening meditation



Day 4:

Morning yoga & Breakfast

Private car transportation to Tuscany.

Val D'Orcia - Set in the picturesque Tuscan countryside, this luxurious property offers breathtaking views, thermal springs, and high-quality organic food.

Lunch

Fitness class

Yoga

Group dinner at local restaurant

Day 5:

Morning yoga & Breakfast

Full-day excursion to Montalcino & Pienza

Day 6:

Morning yoga & Breakfast

One-hour massage

Lunch

Half-day excursion to Siena

Dinner on own

Meditation and reflection

Day 7:

Morning yoga & Breakfast

Free time

Group lunch at local restaurant

Local shopping and sightseeing

Farewell dinner

Day 8:

Morning yoga & Breakfast

Transportation to airport and flight home

From sophisticated cities to the simple elegance of the countryside, Italy has drawn travelers in search of culture for centuries. Italians truly have a shared exuberance for life, love of family, and great appreciation for food and history.

In the mornings, you will be treated to a mindful, balanced vinyasa practice that will awaken and revitalize your body. You will deepen your practice of hip-openers, back bends, arm-balances, inversions, and standing poses (of course, options will be given for students that need them). In the afternoons, you will develop your seated meditation and pranayama practice, preparing for each with forward bends, twists, side-bends, and restoratives. Each practice will strike a balance between effort and relaxation, and will be taught with our unique blend of alignment cues, sustainable pace, and mindfulness teachings.

Suite Dreams
TRAVEL