

Amore di sé



A self love oriented yoga and meditation retreat
drawing from the rich heritage of the Himalayan Tradition of Tantric Yoga
& the beautiful land and culture of Tuscany.

at [Agriturismo La Fontaccia](#) in Rufina, Tuscany

29 May - 4 June 2025

Love is a verb.



Which means, simply, that love is something we experience and express through what we do. Love is active, not passive. It is not something we can merely claim. It is, rather, a manifestation of what we choose to do. By that measure, love is also a choice; feelings are not, but the choices we make regarding those feelings most certainly are.

As bell hooks teaches in her book, All About Love NEW VISIONS, 'Love is the will to extend one's self for the purpose of nurturing one's own or another's spiritual growth. Love is as love does. Love is an act of will - namely, both an intention and an action. Will also implies choice. We do not have to love. We choose to love.'

The theme of this retreat is amore di sé, love of one's self.

Tuscans are deeply committed to self love, without saying so much. It is felt in the way they engage with life, - through their relationship with food, community, rest, play, respect for and connection with nature.

The Tantric tradition, deeply influenced by Ayurveda, also encourages self love through both philosophy and practice - treating the body as a temple, the mind as our best friend, and our heart as the seat for the soul.

During this retreat we will explore self love, as a concept and as a verb, through the wisdom of both of these traditions and - hopefully - facilitate an experience which will shift the way you treat and regard your self, forever.





Rooted in the wisdom of the Himalayan Tradition, **amore di sé** offers a deeply nourishing spiritual experience based on the edict to love all, hate none; embrace all, exclude none. This edict absolutely must begin with oneself. But *how* do we endeavor to love all and hate none of oneself, particularly when society is continuously telling us that we are flawed or incomplete and thus in need of this or that 'remedy' which can be purchased, conveniently, online?

We begin with our actions. Maybe we begin by choosing a daily practice of self-nurturance, self-nourishment, self-discovery, self-acceptance, and self-respect - and maybe, just maybe, this leads us to self love.

Tantric yoga, as practiced within the Himalayan Tradition is not interested in 'self-improvement.'

From the traditional perspective, the only thing which needs improving is our ability to perceive the truth that : we are already and always have been perfect and whole. We are each a unique embodied expressions of the divine. We've just forgotten that truth somewhere along the line.

If we can commit to treating ourselves as such, on a daily basis, our actions will become habits which have the power to restructure our beliefs. M. Scott Peck reminds us that 'Commitment is inherent in any genuinely loving relationship (first and foremost with your self). Anyone who is truly concerned for the spiritual growth of themselves or another knows, consciously or instinctively, that he or she can significantly foster that growth only through a relationship of constancy.'





By weaving a daily practice of tantric yoga, meditation, self-inquiry, and Ayurvedic self-care techniques together with traditional Tuscan culture, we will endeavor to put this commitment into action and enjoy *at least a taste* of the deliciousness of falling in love with yourself.



We will have the privilege of calling La Fontaccia home for the week. La Fontaccia is a lovely agriturismo - *think olive farm meets bed and breakfast* - located 25 kilometers outside of Florence, owned and run by my dear friends, Samuele and Elisabetta. This is where you will sleep and enjoy breakfast daily. My home is a short walk up the hill from La Fontaccia and that is where we will enjoy most of our daily yoga practices and several of our meals. Between Sam and Betta's property and ours you will have over 50 acres of Tuscan countryside to explore at your leisure. When we are not 'at home,' we will be out and about enjoying experiences designed to connect us intimately with the people, the land, and the culture of Tuscany - experiences which are not found on the average tourist map.

Itinerary



29 May

- 3:00 - Arrive in Rufina by train & check in at La Fontaccia
**Natalie will greet you at the train station*
- 5:00 - Walk to Natalie's house and enjoy a guided relaxation followed by a 'welcome' aperitivo
- 8:00 - Dinner at La Fontaccia

30 May

- 8:00 - Breakfast at La Fontaccia
- 9:00 - Yoga & Meditation at Natalie's
- 11:00 - 'Meet the People of Rufina' tour of the village
- 12:00 - Pasta making party followed by lunch at Natalie's
- 4-8:00 - An afternoon at Asmana Wellness World
- 8:00 - Dinner at Asmana

31 May

- 8:00 - Breakfast at La Fontaccia
- 9:00 - Yoga & Meditation at Natalie's
- 11:00 - Depart for Pienza
- 1:00 - Lunch in Pienza
- 3-6:00 - Explore Pienza
- 8:00 - Dinner at Il Ritrovo in Rufina

1 June

- 8:00 - Breakfast at La Fontaccia
- 9:00 - Depart for Casentino
- 10:00 - Hike & Meditation in Casentino
- 1:00 - Lunch in Poppi
- 4:30 - Attend Mass or explore the grounds of Il Pieve di Romena
- 8:00 - Dinner at La Fontaccia

2 June

- 8:00 - Breakfast at La Fontaccia
- 10:00 - Yoga & Meditation at Centro Ippico La Speranza
- 11:00 - Horse Riding at Centro Ippico La Speranza
- 1:00 - Lunch at Il Quartino
- 3:00 - Rest, relax, enjoy the property
- 6:00 - Aperitivo followed by Dinner at l'Oasi di Ceci





3 June

- 8:00 - Breakfast at La Fontaccia
- 8:30 - Depart for Nipozzano
- 9:00 - Yoga & Meditation in the Vineyards
- 11:00 - Tour of Castello di Nipozzano
- 12:30 - Wine Tasting & Lunch at Castello di Nipozzano
- 3:00 - Rest, relax, enjoy the property
- 8:00 - Fire Ceremony followed by Dinner at Natalie's

4 June

- 8:00 - Breakfast at La Fontaccia
- 9:00 - Scattering of wild flower seeds
- 11:00 - Check-Out
- 12:00 - Return to Firenze by train from the Rufina station

Excursions for Amore di sé

Tour the village of Rufina with Natalie as your guide, then return home & make your own pasta lunch

An afternoon at Asmana Wellness World

Day trip to Pienza in the stunning Val d'Orcia of Tuscany

Hike & Meditation in the stunningly beautiful territory of Casentino

Attend Mass and explore the spiritually charged grounds of Pieve di Romena

Horse Riding through the vineyards with Centro Ippico La Speranza

Tour, Lunch & Wine Tasting at Castello Nipozzano



Visit the shops of Rufina with Natalie as your guide. Experience Tuscany through the butcher, the baker, and the gelato maker, one friendly face at a time.

Investment

2000 € shared room
2500 € private room
500 € Deposit

**Please note that the investment is in euro
to reflect the shifting currency exchange rates*

Includes

Six nights of lodging at La Fontaccia
All meals including on our excursion days
Fees for any and all excursions
Transportation by rental car throughout the retreat
Daily yoga & meditation
Use of yoga mats & equipment
Self-Love gift bundle

Travel to and from Rufina is not included, nor are individual treatments at the spa, nor the little treats you may choose to indulge in - like the daily recommended dose of gelato.



Are you interested in joining Amore di sé? Reach out to explore the possibility today.

[Connect with Natalie](#)