

Women's Wine & Wellbeing Italian Immersion

Le Marche, Italy | 6 Exclusive Openings

Step Away — To Step Up

This year, join Camilla Wood at her breathtaking 17th-century converted monastery in the rolling hills of Le Marche for an intimate, soul-soothing week of wine, interiors inspiration, delicious food, gentle movement, and plenty of laughter.

Far from a regimented "retreat," this is a warm and uplifting gathering for six like-minded women to **press pause, refill their cups with bespoke Menopause health and wellbeing practices, and indulge their senses** — within the golden glow of rural Italy.

Hosted by Two Inspiring Women



Camilla Wood — owner of The Somerset Wine Company and Monastero di Favari — is known for her exquisite taste in interiors, her knowledge and teaching of wine appreciation, and her relaxed, welcoming hospitality. Her Italian homestead is a masterclass in curation: striking antiques, unique market finds and rustic-chic comfort all seamlessly woven together.

During your stay, Camilla will:

- Host a relaxed **wine appreciation and tasting** — with local Verdicchio wines and tips for confidently choosing from any wine list.
- Lead an **exclusive shopping trip to a local Italian antiques market**, helping you spot hidden treasures and one-of-a-kind pieces.

- Share her secrets in an informal **"Creating Gorgeous Spaces at Home" interiors session** to help you bring Italian flair into your own home.



Linda Stephens — a renowned women's wellbeing yoga teacher, educator and Menopause coach with 20 years experience — will guide you through **functional yoga based practices** bespoke to *your* health needs: Releasing stress and tension patterns that lead to dysfunction, realigning posture, optimising breathing and teaching you her life-changing pelvic-core restore methods, so you return home not just rested, but re-energised and equipped with daily practices to ensure ongoing fitness progress.

Your Italian Escape Includes

- Your own stunning, authentically decorated bedroom for 6 days / 5 nights at the luxurious Monastero di Favari, with panoramic views, tranquil gardens, an outdoor pool and a serene chapel space for yoga and contemplation.
- Daily Menopause movement, posture alignment and deep relaxation with Linda
- Wine tasting & wine-list confidence workshop with Camilla
- Interiors styling workshop and a guided local antiques market trip
- Mediterranean-inspired meals made from seasonal Italian produce, with micro health-boosting tips woven in
- 'The Guide to Thriving in Menopause' health and wellbeing workshop with Linda
- 'The Gold Standard in Pelvic-Floor & Core Restore' - practical masterclass with pelvic-floor expert Linda.
- Ample free time to wander the hills, browse the villages, read by the pool, or nap beneath the olive trees
- Optional 1:1 session with Linda to create a personalised "fitness and wellbeing" routine to take home

The Details at a glance:

- **Location**: Le Marche, Italy (Nearest airport: Ancona — just 20 mins away)
- **Dates**: Thursday–Tuesday best flight times. May/June optimal temperatures
- **Group size**: Just six women plus your hosts
- **Investment**: from just £1197 per person

Why Come?

Because you deserve time away that delights *all* your senses.

Time to **sip, savour, and slow down**.

You'll have time to push pause. Digitally detox. Unscramble your brain. Allow your nervous system to reset. You'll also gather inspiring ideas for your home, discover low-histamine wines you'll love, learn vitality restoring movement and breath practices to incorporate into daily life at home, and reconnect with your inner 'north star' - that wise, steady, knowing part of you that needs silence to be heard.

Come home feeling recharged, inspired, and maybe even plotting your next big career shift or travel adventure…

Visit www.monasterofavari.com to see the magic of this place — and then join us!

Investment: From £1197 per person (depending on the room you choose — each authentically, uniquely, and beautifully decorated). Includes all tuition, practices, food, wine.

Group Size: Limited to six wise women (ready to rise!) A connection, sharing and deep learning opportunity worth many times the investment price. As like minded women, the opportunity to bounce your ideas around this perfect qualitative focus group (under the walnut trees over morning coffee) is yet another added bonus.

VIP Benefit: As part of this small, exclusive group, you'll have the option of a VIP 1:1 health and wellbeing coaching and training session with Linda, worth £500 + With a bespoke pelvic-core restore and fitness practice with nutrition guide to carry on at home.

Get ready for change!
Join us for an immersive, transformative week that will change how you move, sleep, eat, and think — so you can step into the next chapter of your life feeling strong, healthy, calm, and spiritually alive.
(And maybe while you're relaxing in the sacred, peace infused grounds that next business, home renovation or life adventure idea or will be born…?!)

Check out the pictures at http://www.monasterofavari.com/ and get excited!








