

WOMEN OF WISDOM
A RETREAT IN RURAL TUSCANY
YOURS TO EXPERIENCE AT "I CINGHIALI"
10 - 17 July 2010



www.italianexperience.com.au

In May and June 2006, nine women gathered at the villa above called "I Cinghiali" in Northern Tuscany to break bread and have conversation, to shop, to laugh, to share, to walk, to have immense fun and learnings with, and more. Some of them came together as long-standing friends; all went away as friends for a lifetime.

It was an extraordinary experience, acknowledged by the women in the following ways:

"You have created a beautiful space for awakening old memories of silence, inner wisdom and women's love"

"It has been a lifetime experience. I feel so lucky and so grateful."

"I will always treasure our memories"

"What magic, what joy, what laughter you created for all of us".

"Cherished memories and new members of my Front Row".

"I loved the connection between the girls brought about in such a wise natural way."

You too can experience this magic for 7 days in 2010 living Tuscan style in a small village tucked away in the Garfagnana region north of Lucca with fellow travellers of life, sharing knowledge, wisdom, strategies for personal improvement, laughter and fun. Gaail Tait and Buzz McCarthy, under their Women of Wisdom label, invite you to join this intimate group at the villa owned by Buzz. Minimum is six participants, maximum is eight.

WOW

Buzz's passion for Italy and Tuscany in particular began when, as a 22 year old on her first visit, she declared that one day she would purchase a villa there, a dream she fulfilled 20 years later with her husband. Since 1988 she has called the upper reaches of Tuscany, the Garfagnana, home for at least a part of every year, and for the entire year of 2001. For twenty years she has combed the hills, exploring villages and hamlets, bars and restaurants, markets and shops selling the exquisite produce of the area; Chestnut and acacia honey, wild boar salami, local olives, foccacia and ciabatta that melt in your mouth, rich green freshly-harvested extra virgin olive oils, wines from local grapes, sweet and salty prosciutto, rich runny gorgonzola, sheep and goat cheeses made in a tiny 'factory' in the next village, and so on. All these delights and more await you during the 2009 WOW experience.

Gaail was first introduced to the delights of the Garfagnana area of Tuscany 14 years ago when, five minutes after she first met Buzz, she was invited to visit during her first European trip. Their friendship, forged in this glorious region, is legendary. Both are well-known Life Coaches, Buzz is an author (her book *Interlude with Wild Boars* is a must before your journey to Italy) a presenter, a relationship consultant and a Tony Robbins trainer, and Gaail is a speaker, presenter and life coach. Together they present the Ultimate Relationship Series of Workshops.

But this trip is about you. Your knowledge, wisdom, eagerness to learn and your passion and sense of fun is what will make this trip thoroughly memorable. What you will bring to the table will affect your fellow travellers like never before in this quiet village perched on the side of a hill with a view of a 10th century ruined fortress on the hill opposite which caused an earlier visitor to remark "If this isn't heaven, you can see it from here".

For 20 years guests have enjoyed the ambience of 'I Cinghiali' and the villages of the Garfagnana in Northern Tuscany. Some have painted or drawn, many have walked the hills, most have photographed; all have succumbed to the pace of village life and the charm of this region. Many have returned once or twice, some have come back seven times as *padroni* of their own Tuscan dream. Guests have fought for the right to be chef for the day; exploring the local markets and purchasing the delicious products the area is renowned for. In the evening they have sipped wine on the terrace, watching the sun's rays fall over the fort and eventually behind the marble mountains whilst waiting for their dinner, perhaps cooked in what a neighbour describes as the "largest *forno* (stone oven) in the Garfagnana".

"I Cinghiali" lies on an acre of land in the small hamlet of Caprignana with perhaps 30 houses, a church and one shop and bar which also serves as a meeting place for the villagers, rising above the bustling market town of Piazza al Serchio. The villa has everything you could want, and more, for a short or a long sojourn. It has been renovated to the highest standard and equipped with purpose-bought furnishings and other accoutrements. Pictured above, it is a large stone structure on three levels with

six bedrooms, either with queen or twin beds. There is a spacious and comfortable living room, a dining room large enough to seat 14, kitchen with double-oven Paul Bocuse stove, and two terraces, one at the lower level and the other at the first floor level. Two fully tiled bathrooms, high roofed upper hallway and a laundry complete the villa. You will have the run of the villa to yourselves. Buzz and Gaail will be living in the restored barn, adjacent to the villa.

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THE REGION

The Garfagnana, isolated in its alpine silence, and surrounded by the bare summits of the Apuan Alps and the Apennines of Tuscany and Emilia Romano, with villages nestling in curves sculptured by winter torrents, is almost like a place in time warp. A picturesque region with a mixture of charming ancient towns, hilltop castles and breathtaking views across the hills and valleys it has no motorway traversing the one-hundred kilometres between Lucca to Aulla. One either means to go there or not. Thankfully it has avoided the crush of southern Tuscany in the tourist season and the towns and tiny villages maintain their traditional values. Unadorned folklore and local cuisine are some of the timeless qualities of this beautiful area. Every tiny hamlet has something to offer, not specifically major works of art or ancient treasures, but more the ability to participate in a village life that is local and real. The hills are heavily wooded with Chestnut trees and we will see locals harvesting these trees during our visit, which also corresponds to the 'funghi' or mushroom season in our hills. Most of the locals are engaged in farming activities, often using traditional implements such as the scythe. Market days are a time to visit the nearby towns to buy fresh produce and stylish clothes at ridiculous prices, or watch the villagers as they gather in a tribal activity that has its roots in their ancestors' lives.

WOW ACTIVITIES

The following are activities that may be included in the Experience according to your wishes. A daily organised early morning walk. Themed dinners and conversation around spiritual and personal growth concepts. Daily meditation. Healings using varying modalities. Cutting edge concepts presented by WOW principals or guests. Showing of relevant personal growth DVD's. Playtime with girlie image make-over's. Closing ceremony at the 10th Century Fortress opposite the villa. And of course there will be some surprises that will delight you!!!

OUR ITINERARY

DAY 1

Guests will make their way to the railway station at Lucca - accessible from Rome, from Florence or nearby Pisa airport. We will collect you in our vehicles and drive home to the villa where a light lunch awaits you on the terrace. The afternoon is free for settling in and meeting your fellow travellers. Dinner will be served at the villa.

DAY 2

An early departure will see us across the Alpi Apuane and onto the Versilian Coast section of the Italian Riviera. Stopping at the Resort town of Forte dei Marmi for their sensational summer Sunday markets, we can sample the mouth-watering gelati or venture into the high fashion shops lining the pedestrian-only street, until around 12.30 when we will continue on up the coast, passing by the spectacular marble mountains of Massa and Carrara, and onto the tiny peninsula of Bocca di Magra for a sumptuous fish luncheon at the renowned restaurant Ciccio, owned by a Sydney woman and her Italian husband. Owned by Mario's family for over 50 years, it will be full of life and Italians celebrating their only day free from work.

DAY 3

Today will be a great opportunity to rest up after a couple of busy days sitting on the terrace with a book and/or a glass of wine, chatting, sharing your skills, washing your clothes, sending postcards, writing your journals, taking a walk etc. Prior to dinner we will take a walk to Orzalia, our local medieval town.

DAY 4

Tuesday is the day of the small village market at our local town, Piazza al Serchio, where we shall visit in the morning for our shopping. During the afternoon we can go for a walk, a drive to some nearby villages or relax on the terrace with a good book and our new friends.

DAY 5

Wednesday morning will see us down the valley at the street market in Bagni di Lucca. This will be followed by a visit to the wonderful hill town of Barga where we shall enjoy lunch in the old square inside the town walls.

DAY 6

An early start will see us 15 kilometres down the valley for the bustling market at Castlenuovo di Garfagnana. Men gather together to talk of politics and the weather whilst their women hunt for treasures on the market stalls, which line the streets, both inside the town walls and outside. Most of us will pick up some real treasures; especially from the obliging folk in what Buzz calls "shoe street". For a special lunch of "assagini and vini" we shall meet at Il Vecchio Mulino owned by the rotund Andrea Bertucci, a well-known proponent of the Slow Food Movement.

DAY 7

Today we will take a train down the valley to the elegant walled city of Lucca. Ignored by many guidebooks, Lucca has had the good fortune to be missed by the annual hordes of tourists descending on Italy. We consider the city one of the country's least disturbed treasures, where the townsfolk go about their business, always well dressed, riding their bicycles through the cobbled streets where cars dare to venture. You can take coffee in the elegant Bar di Simo, earlier frequented by Puccini, visit any of the city's 72 churches, explore the old Roman amphitheatre, spend your Euros in our favourite shops along the Via Fillungo or hire a cycle and ride around the narrow cobbled streets exploring this wonderful city. At lunchtime

we will have lunch at a typical restaurant inside the city walls. You can then spend a couple of hours enjoying a walk around the entire perimeter of the city on its magnificent wide brick walls. Dinner will be at the restaurant adjacent to the local railway station when we return home.

DAY 8

After breakfast we will take you to the station at Piazza al Serchio for your onward journey by train to Lucca, Pisa, Florence, Milan, Rome etc.

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COST

The cost of the 2010 Women of Wisdom Experience is Australian Dollars \$4200 per person. Should you wish to have sole occupancy of one of the three queen rooms there is an additional charge of AUD \$250.00.

What is included:

Transportation from Lucca station and all transportation around the valley in our cars. All meals and wine including five meals out at local restaurants. All other meals at the villa. All accommodation at the villa "I Cinghiali" inclusive of use of linen, laundry facilities, and heating if required. Other WOW activities as planned (see below).

What is not included:

All items of a personal nature, travel insurance, your air tickets and other travel arrangements and expenses during the Experience. We require you to provide us with policy number and insurer of your travel insurance.

Please note we are not travel agents and simply providing accommodation and a local itinerary at the destination as we have done for a number of years with WOW and our Fabulous Food Experiences.

BOOKINGS

Expressions of Interest

If you are interested in participating in this Experience, please email us now. If you wish to reserve a place please complete the attached booking form and return it now with your deposit. The 2006 Experience was booked out within a week, with five people booking in one single day.

Booking and Cancellation Policy

Bookings are on the attached form and must include \$1000 deposit and the additional \$250 if you are requesting a Queen room on your own. The balance of \$2900 is due on 11 May 2010. There are places for eight participants and the tour shall be run with six or more. The trip will be confirmed on 12 May 2009 at the latest.

Should you wish to cancel you must do so prior to March 12, 2010 to avoid forfeiture of your deposit. Cancellations between 12 March and 11 May 2010 will forfeit deposits. Should you cancel after all your payment is made 50% will be refunded unless you can substitute a suitable participant to take your place. You are required to take out travel insurance in case of any unexpected contingencies that would affect your booking. See booking conditions below.

For further information please talk to us as follows:

Buzz McCarthy

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E: buzzmccarthy@bigpond.com

Fax: 61 3 9824 7179

Gaail Tait

0407 817 827

E: gailtait@bigpond.com

Fax: 61 3 9824 7179

WOW

WOMEN OF WISDOM EXPERIENCE BOOKING FORM 2009

I would like to join the WOW Experience from 10 - 17 July 2010.

Name.....

Address.....

.....Postcode.....

Telephone () Mobile..... Fax.....

Email:.....

Booking conditions:

Booking conditions: Participation in the 2010 Women of Wisdom Experience is \$4200. Three people can request sole use of a Queen room for an additional \$250. Deposit is \$1000 (plus the \$250 if you want sole use of a bedroom) and must be paid by 14 February 2010. The balance of payment is due by 11 May 2010. All cheques are to be made out to Buzz McCarthy. If you want to transfer the funds by internet, please request our account details. Your fee includes those items mentioned above, and excludes those items mentioned above. This is inclusive of power and heating and all linen. By signing this you guarantee to be responsible for any breakages and damages caused by yourself or any theft from the property if you have not correctly secured the property and will pay the owners any reasonable amount for loss during your tenancy. Please be advised that neither WOW nor the owners of "I Cinghiali" are travel agents and not responsible for any loss or damages sustained whilst you are sharing this Experience whether or not you are covered by travel insurance. They are only providing accommodation and a suggested itinerary.

Some alterations to the Itinerary may be made depending on local conditions and availabilities but the content and quality will remain. Clients are responsible for arranging their own travel to arrive in Lucca on the morning of 10 July 2010. We reserve the right to cancel the Experience if the minimum numbers are not reached. At least two month's notice will be given (10 May 2010).

Participants are advised to take out travel insurance when they book including loss of deposit or funds paid if you cancel. This experience is only able to accommodate eight participants therefore, being so number-sensitive, there are strict cancellation conditions. Any cancellation advised between 14 February and 11 May 2010 will lose their deposit unless the person can substitute another suitable participant. Should you cancel after all your payment is made you will receive 50% of the total moneys back unless you substitute another suitable participant. Any claims made for personal liability will be handled in the Italian courts to a maximum of 2 million Euros.

YOUR CONSIDERATION IS REQUESTED TO GIVE AS MUCH NOTICE AS POSSIBLE IF YOU ARE UNABLE TO JOIN US IN ORDER THAT SOMEONE ELSE MIGHT TAKE YOUR PLACE

I agree to conditions for participating in the WOW experience 2010 at "I Cinghiali"

Signature..... Date.....

COST BREAKDOWN	Full	Deposit	
Participation	\$4200	\$1000	\$.....
Request for Queen Room	\$ 250	\$ 250	\$.....
TOTAL PAYMENT MADE			\$_____

Please return this form and payment to:

Buzz McCarthy, Women of Wisdom, 27 McArthur Street, Malvern, 3144.
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