



# Mindful Movement Retreat

*in Tuscany, Italy*  
May 16-22, 2026

*Yoga – Pilates – Meditation – Food – Community  
...and so much more!*

To book, contact Madison at Victor Travel  
Email: [madifruitman@gmail.com](mailto:madifruitman@gmail.com)  
Tico # 1892647







# Maraviglia Conscious Living

*'Maraviglia': from the Italian word meaning 'a place that inspires wonder'*

Discover Maraviglia Tuscan Villa – recognized by The Guardian as one of Europe's best health and wellness retreats.

Nestled in an olive grove near Monte San Savino, this 400-year-old farmhouse combines historic charm with modern comfort. Enjoy farm-to-table meals, warm hospitality, and a serene space for Yoga, connection, and renewal. Wake up to rolling hills, relax by the infinity pool, and unwind under a star-filled sky.

**The Property:** the main farmhouse (4 bedrooms), separate Casina cottage, and glamping site, all on 8 acres of olive groves and open Tuscan fields.

## Highlights:

- Home-cooked Italian meals with fresh & local ingredients
- Olive oil grown & harvested on site
- Infinity pool overlooking the Tuscan hills
- Open-air Yoga platform, with all mats and props provided
- 25-minute walk into town
- Nearby hot springs, local markets, hikes to medieval castles, and more

A sanctuary for rest, movement, and inspiration.







# Monte San Savino

*a small charming medieval town in Tuscany*

Maraviglia is located near the charming village of Monte San Savino in the province of Arezzo, one of Tuscany's earliest urban settlements with deep medieval roots.

Wander stone-paved streets lined with ancient castles, churches, and 16th-century cisterns. Explore locally owned shops, cozy cafés, and traditional trattorias, all set against a backdrop of rolling vineyards and olive groves.

A scenic 25-minute walk from the villa brings you into town, where we'll visit the vibrant Wednesday morning market, hike to nearby ruins and castles, and soak in the rich history and beauty of the region.

Check out the area using [THIS MAP](#)





# Yoga & Mindful Movement

We'll practice daily in their beautiful open-air Shala, looking out onto the countryside. It's equipped with Yoga mats and an array of props at our disposal.

There will be a diverse class schedule of 2 practices daily.

Mornings will focus on energizing Vinyasa flows and strength-based Mindful Movement and Pilates. Expect to build heat through repetition, explore inversions and arm balances, and connect to your breath through guided Pranayama techniques.

Afternoons will encompass gentle Hatha, Yin & Restorative practices. Along with meditation, breathwork, and journal prompts woven into the teachings, all linked together with thoughtful themes, to keep you inspired and self reflective.

This retreat is open to all levels—whether you're just beginning your journey or looking to expand and deepen your practice.







## Meet your host - Madison -

I've been teaching Yoga for 10 years and leading retreats for the past 6. Before fully stepping into this path, I worked as a television producer—an experience that honed my skills in curating seamless, intentional experiences. Today, I bring that same storytelling instinct into the heart of every retreat I lead, weaving together movement, mindfulness, and meaningful connection.

What sets my retreats apart is the balance I intentionally create: they are as much about rest, exploration, and travel as they are about deepening your Yoga practice. Each retreat is anchored by a thoughtfully chosen theme—one that invites personal growth, reflection, and a deeper connection to self. These themes guide our time together, from the mat to mealtime to evening games to moments of stillness.

Born and raised in Toronto, I continue to teach Yoga, Pilates, and other mindful movement modalities with a focus on linking breath, body, and mind. My classes blend creative sequencing, curated playlists, and playful energy with hands-on support, modifications, and space to honor your individual journey.

To me, Yoga is a way to calm the mind, regulate the nervous system, and return to the present moment. My hope is that what we practice on retreat becomes something you carry home: a sense of clarity, strength, and connection that supports you in your everyday life.







# FOOD

Maraviglia is renowned for its delicious and abundant organic Italian cuisine, much of which is grown on the property and surrounding farms—so we'll truly be enjoying farm-to-table dining.

The meals are primarily vegetarian, home-cooked, and thoughtfully crafted to be both balanced and nourishing.

Imagine savoring fresh pasta, vibrant herb salads, warm focaccia straight from the oven, and indulgent desserts.

And of course, everything is drizzled with their famous EVOO (extra virgin olive oil) harvested on site—it's truly next level. We will also partake in an Olive Oil Experience, so you get to really taste the difference and learn.

*\*most dietary restrictions will be accommodated, please let us know ahead of time*







# Sample Schedule

*silent mornings – optional self-guided meditation*

**7:30am** – Coffee, tea, fruit, light snack

**8:30am** – Morning Yoga / Pilates \*90mins

**10:30am** – Generous BRUNCH

**12:00pm** – Olive Oil Tasting Experience

*Afternoon to relax, swim, hike to a castle, visit hot springs, enjoy a massage, walk to town...*

**2:00pm** – Afternoon SNACK

**5:00pm** – Yoga & Relaxation \*75mins

**6:45pm** – Three course DINNER

*Evenings spent star gazing, playing games, sipping vino*

*\* 2025 schedule available upon request*





# Package Details

## What's Included:

- 7 days, 6 nights at Maraviglia retreat center
- Daily Meals (Brunch, Afternoon snack, 3-course Dinner)
- Daily Yoga & Movement classes (2 classes/day)
- Olive Oil Tasting Experience
- Our group (8-11ppl) has exclusive access to the property, with amenities: infinity pool, acres of olive groves, cozy nooks, library, Yoga platform with all mats and props

## What's Not Included:

- Transportation (*Flight to Italy & Transport to Monte San Savino. We can support planning/booking*)
- Insurance (*travel health insurance \***mandatory**, we can help obtain*)
- Additional drinks (ie; wine at dinner)
- Massage treatments
- Add On Excursions (like nearby Hot Springs)
- Credit Card 3% processing fee if needed





# CASINA

A quaint cottage next to the main villa, equipped with 3 beds and an ensuite bathroom. Perfect for a group of friends.

## TRIPLE OCCUPANCY :

Early early bird - **\$2,489 CAD** (till Sept.1)

Early bird - **\$2,619 CAD** (till Jan.31)

Reg - **\$2,699 CAD**

## DOUBLE OCCUPANCY :

Early early bird - **\$2,999 CAD** (till Sept.1)

Early bird - **\$3,135 CAD** (till Jan.31)

Reg - **\$3,228 CAD**







# ***PRIMA ROSA***

A beautiful room upstairs in the main villa, with an ensuite bathroom. Option to have two single beds or one double. Perfect for couples, friends, or solo retreaters.

## **DOUBLE OCCUPANCY :**

**Early early bird - \$2,719 CAD (till Sept.1)**

**Early bird - \$2,799 CAD (till Jan.31)**

**Reg - \$2,888 CAD**

## **SINGLE OCCUPANCY :**

**Early early bird - \$3,899 CAD (till Sept.1)**

**Early bird - \$3,999 CAD (till Jan.31)**

**Reg - \$4,110 CAD**





## ***PRIMA BLU***

A beautiful room upstairs in the main villa, with an ensuite bathroom. Option to have two single beds or one double. Perfect for couples, friends, or solo retreaters.

### **DOUBLE OCCUPANCY :**

**Early early bird - \$2,719 CAD (till Sept.1)**

**Early bird - \$2,799 CAD (till Jan.31)**

**Reg - \$2,888 CAD**

### **SINGLE OCCUPANCY :**

**Early early bird - \$3,899 CAD (till Sept.1)**

**Early bird - \$3,999 CAD (till Jan.31)**

**Reg - \$4,110 CAD**





# GLAMPING

A super comfy boho chic bell tent with a stunning outdoor bathroom. Can be set up with two single beds or one double. Only steps away from the main villa. Don't underestimate the opportunity for privacy & immersion in nature!

## DOUBLE OCCUPANCY :

Early early bird - **\$2,479 CAD** (till Sept.1)

Early bird - **\$2,559 CAD** (till Jan.31)

Reg - **\$2,629 CAD**

## SINGLE OCCUPANCY :

Early early bird - **\$3,399 CAD** (till Sept.1)

Early bird - **\$3,519 CAD** (till Jan.31)

Reg - **\$3,625 CAD**





# PICCOLA

A charming single room on the ground floor of the main villa, with an ensuite bathroom.

## SINGLE OCCUPANCY :

Early early bird - \$3,399 CAD (till Sept.1)

Early bird - \$3,529 CAD (till Jan.31)

Reg - \$3,619 CAD





# ***STUDIO***

A lovely studio room on the first floor of the main villa, with an ensuite bathroom.

## **SINGLE OCCUPANCY :**

**Early early bird - \$3,149 CAD (till Sept.1)**

**Early bird - \$3,249 CAD (till Jan.31)**

**Reg - \$3,339 CAD**





# Travel & Insurance

## GETTING TO THE RETREAT CENTER:

The Closest Airport is **Florence (FLR)** & 2nd closest is **Rome (FCO)**

### Transport Options:

**1 – DRIVING** - rent a vehicle and have it during the retreat to explore the countryside. Driving distance from nearby large towns is Arezzo (25 min) Siena (30 min) Perugia +Florence (50 minutes) Pisa Rome (2 hours)

**2 – TRAIN** - navigate from your arrival city to Arezzo via main Trenitalia trains. Take the country train from Arezzo to Monte San Savino (30mins), where our hosts offer complimentary pick up.

**3 – AIRPORT TRANSFER** - they can arrange transfers direct from Florence or Rome airport upon request.

*\*We will help retreaters plan their route*

We can also help you find the best flights, rental cars, & **help secure travel and health insurance.** Please note that obtaining travel health insurance is mandatory for this trip \*

**NOTE:** *obtaining travel health insurance is mandatory for this trip*





## ***NEXT STEP...***

Secure your room & spot by sending a **\$800 CAD** non-refundable deposit.

For general retreat questions & to book contact **Madison**

**Phone:** (647) 210-9891 | **Email:** [madifruitman@gmail.com](mailto:madifruitman@gmail.com) | Tico Registration # 1892647

***Cancellation/Payment info:*** Deposits are non-refundable. Remaining balance will be payable by February 1, 2026. Payment plans available upon request. Final payment is non-refundable. We understand life happens, which is why we strongly recommend purchasing trip cancellation insurance.

*I cannot wait to take this adventure with you !*