



La Dolce Vita

TASTE THE SLOW. FEEL THE SOFT. LIVE THE SWEET.

AN INVITATION FOR WOMEN

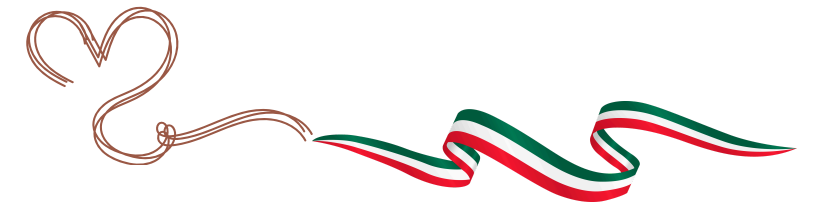
I ROMITI

AUGUST 12TH ~ 19TH 2026 · ITALY
LUCCA PROVINCE, TUSCAN HILLS

Your invitation

Darling, you are invited to...

La Dolce Vita: Taste the Slow. Feel the Soft. Live the Sweet.



Italy has lived in me since I was a child ~ before language, before understanding ~ with voices rising around a long table, food and wine woven inseparably with love.

La Dolce Vita is not something I am creating; it is something I remember and inviting you into. We will gather in the Tuscan hills where monastery walls hold our prayers. Mornings begin with espresso and soft light. Midday stretches around a shared table; bread passed by hand, wine glasses tinkering. Enjoy a variety of cultural immersions. Then evenings warmed by aperitivos, delicious meals, followed by limoncello and laughter.

My intention is simple and wholehearted: that you feel nourished, considered, and cared for in ways both seen and unseen. That you feel the steadiness of the hearth. That you feel safe to laugh loudly, rest deeply, and return home a little more yourself.

An intimate circle of women, each carrying her own lineage and lived depth. I feel deeply honoured, to gather you, hold the rhythm of our days. To create a space where you can soften, breathe, and simply be.

This is your invitation. If this rests in your body, come sit at the table with me.
With love, Mara xx

Welcome

Welcome to La Dolce Vita.

An invitation to step into Italy's heartbeat and rediscover the simple pleasure of being fully alive. Here, life unfolds at a more human pace: mornings linger, meals become moments of connection, beauty surrounds you effortlessly, and time feels spacious again. This is not about escaping your life, or even remembering... but about experiencing your life more deeply with presence, pleasure, and ease.

Woven gently through the sweetness is a spark of aliveness. Moments in nature, fullness, laughter, and adventure that remind you of your vitality and freedom. You'll leave not just with memories of Italy, but with a renewed relationship to yourself: rested, inspired, and attuned to a way of living that feels rich, grounded, and beautifully your own dolce vita.



Introduction

La Dolce Vita is a fully hosted cultural immersion into the slower, more relational way of life Italy is known for.

Over eight days together, you'll experience Italian rhythms through shared meals, local culture, nature, meaningful conversations, and moments of both deep rest and spirited aliveness. Everything is thoughtfully held so you can simply drop in and participate.

It's designed for women who have full lives yet feel the quiet pull to recalibrate. To enjoy more, rush less, and reconnect with what truly nourishes them. You arrive not as a tourist, but as a welcomed guest, experiencing Italy from the inside out.

If your soul whispered "yes"...
follow *that* voice!



Venue Of Romiti

I Romiti del Torrente is a stunning retreat within a converted 13th-century Augustinian monastery situated on 80 acres of chestnut forest. Where stone walls have witnessed silence, prayer, confessions, laughter, and the steady passage of time.

Mornings arrive gently here, light stretching across the walls, with perhaps a refreshing walk or swim. Evenings naturally gather people together, conversations linger, meals unfold slowly, and time feels spacious again.

This is not somewhere you simply stay; it's somewhere you settle. A place that invites you to slow down and rest within its rhythm.

From here, the days open outward softly: wandering village streets, pausing for coffee, discovering places through local connection. Italy reveals itself gradually, in the small moments that make life feel rich, human, and deeply enjoyable.



Your host

MARA LOUISA

Mara is rooted in family, connection, and the art of nurturing. She carries the warmth of genuine Australian-Italian hospitality, where belonging is naturally felt around the table.

You'll be welcomed by a warm hug, followed by rhythms of shared life, culture, good food, ritual, conversations and lots of love.

She moves through the world guided by the beauty-way where her unique ability is to create spaces where the sacred meets the everyday.

In Mara's presence, women discover a place where they can arrive exactly as they are, witnessed without judgment, and nurtured from the heart. You will be welcomed, genuinely held, nourished until your bellies are full and feel right at home!



Your heart...

Your heart lights up at the thought of...

- Being wrapped in Italy's timeless magic...
Tuscan hills, culture, food, wine, and amore.
- Connecting with a circle of radiant women.
- Longing to slow it all down. Softer mornings with golden light, deeper breaths, more savoring, less carrying, letting the rhythm gently unravel your senses to simply be.
- A touch of wildness, river swims, movement, a spark of aliveness.
- Your body being utterly received through seamless care and waves of unspoken love that make you feel cherished, held, and deliciously pampered.
- Deep down... Italy is whispering your name...
Slow living that feels like seduction, warmth on your skin, pleasure in every sense, and an aliveness that reminds you to taste the slow. Feel the soft. Live the sweet.
- Sì, cara mia... per favore, say yes...



Be Tantalised

Be tantalised through all your senses ~ the sweet aroma of home-cooked meals drifting through the day, the taste of coffee, wine, and food made with care, the textures of paper between your fingers, the soft sound of the passing river, and the quiet beauty that surrounds you at every turn.

It's not just what you see or taste, it's what you feel: a gentle softening, a deep exhale, a sense of being fully here, fully alive.

Food is an essential part of this experience: simple, beautiful, and deeply local. We'll spend time with Francesca, a Tuscan farmer–chef who grows what she cooks, offering a taste of seasonal produce from her land.

Alongside this, you'll enjoy relaxed home-cooked meals and outings to local restaurants, where food is shared slowly, generously. Just how it's experienced in Italy!



The hearth is the heart of the home, and the kitchen is where love learns its language.



Accommodation

I Romiti is nestled above the river Turrone in the Garfagnana, Tuscany's wild mountainous province. It is a place to find connection, inspiration, and joy in this valley of great natural beauty and heritage.

- Eight intimate double ensuite bedrooms await, each with its own bathroom and uniquely curated artwork designed to feel personal, welcoming, and instantly like home.
- The saltwater infinity pool spills toward the rolling countryside, inviting long, languid swims and lazy floats. Then surrender to the sun lounge terrace with soft cushions, warm stone, and views that steal your breath.
- Enjoy the many restful spaces to meander, dream, dance, rest, read and just be. Including the Church, mezzanine, a library area, and all the outside areas.



You were born wild.
Ride with the wind.



Inclusions

Once you arrive in Italy, everything essential is taken care of. Arrive where you can fully relax into the experience.

Your investment includes:

- Accommodation for the full retreat (8 days / 7 nights)
- All meals (breakfast, lunch, and dinner). All dietary and food intolerances catered for.
- Wine with lunch and dinner (other alcohol not included)
- Shared family-style meals and special hosted experiences
- All retreat activities and cultural experiences
- Local transport and transfers during the retreat, from our group pick-up in Florence on the morning of 12 August to your return on the 19 August
- Full hosting, facilitation, and on-the-ground support
- Translation and cultural guidance
- Pre-retreat online call
- Post-retreat integration and re-entry support

Including some solo time to just be yourself in whatever you feel in the moment. Rest, swimming, journaling, dancing...



Taste the Slow.
Feel the Soft.
Live the Sweet.



Not included

What is **NOT** included:

To keep things clear and simple...

- Flights to and from Florence, Italy
- Travel insurance (required)
- Visas or passport-related entry requirements
- Ground transportation to/from the airport or venue
- Gratuities/tips for staff or drivers
- Alcohol beyond wine with meals
- Any items of a personal nature, purchases or incidental expenses

Good company,
good food, and lively
conversation make
life well-lived.

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Itinerary

AUGUST 12th ~ 19th 2026

Day 1: Make your way to Florence, Italy where the group will be collected in the morning. We will make our way to Pisa and have lunch. We will then make our way to I Romiti

Day 2: A slow day to settle after travel, the time difference, and new surroundings. Expect to take your time, connect with the group, and ease into the rhythm of the days ahead

Day 3: Paper making and/or binding with Barbara

Day 4: Surprise adventure

Day 5: Trip to Lucca, historical connection, lunch

Day 6: Day celebration with Francesca, Al Benefizio

Day 7: Cooking fun with Francesca, celebratory dinner and reflections

Day 8: Depart making our way to Florence for our farewells

Relax days and time beside the pool are woven in

** Please note activities or dates may change



Investment

Step into this luxurious Italian sweetness with your loving investment of:

EARLY BIRD BEFORE MARCH 31, 2026:

\$5700AUD/€3500/£3000/\$4000USD

APRIL 1 to JULY 15, 2026:

\$6700AUD/€4000/£3500/\$4700USD

GROUP OR SHARED ROOM DISCOUNTS ARE AVAILABLE

PAY IN FULL OR

A 25% DEPOSIT SECURES YOUR PLACE

Payment plans are available with a \$100 handling fee. Taxes included.

ALL PAYMENTS MUST BE FINALISED BY

JULY 15 2026



Mood board



love



food

adventure



la dolce vita



history

Testimonials

FRANCESCA

Mara is an authentic, pragmatic and potent space holder. She has a broad variety of interests and has an impressive and extensive medicinal toolkit from which to draw from. I am also blessed to have had the privilege of receiving Mara's medicine in many forms.

Back in 2018, whilst I was on a week long Vision Quest, Mara was a powerful anchor and ensured I felt safe, nurtured and supported whilst I journeyed on-country. Over the years I have also sat in various ceremonies, circles and retreats with Mara and I am always impressed with her capacity to create beautiful sacred spaces, her deeply loving nature and her ability to witness and hold people experiencing a broad range of emotions in a safe and non-judgemental way.

Though Mara is a visionary, she is also deeply grounded in the land, her Italian heritage, and the elements. Her spider medicine is always evident in her seemingly infinite capacity to weave magick into existence, whilst also connecting and supporting others to manifest their best lives not only through ritual, but also through the practical things like providing blankets, hydration, food, tissues and whatever else may be needed in the moment. (Thankfully Mara's delicious cacao slice is also never too far away).

Mara is a talented, genuine and nurturing medicine woman and ceremonialist. I cannot recommend her offerings highly enough! Mara, thank you for all the love and support you put out into the world. I wish you every success in manifesting your dreams into reality.



Testimonials

CLONTOPIA

I recently had the pleasure of hosting Mara Louisa and her group for **Midlife Your Soul** at my retreat venue. This retreat was next level! Mara is a seeker of all things nature, comes from love and has a way about her that brings calm.

Her authenticity shines through. I personally witnessed the transformations of the women that attended and it was truly remarkable. I can't wait to have her back and look forward to hosting her again at our property.

CLAUDIA SCHILLING

I forgot how nourishing and powerful a group of women coming together can be. Mara sees the power in every woman and supports you feel that within yourself.

The time I spent at the retreat was a delicious mix of women sharing and learning from each other, relaxation, embodying the queen in all of us and discovering what midlife means for different women and how it's impacted their life. I left with a huge smile on my face.

It's wonderful that Mara is bringing women together to find a different pathway through midlife filled with love. She holds that energy of love so beautifully.



Testimonials

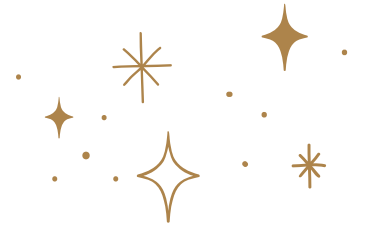
TATIANA

I jumped at the opportunity to spend a weekend for myself, to unwind and and enjoy, no expectations of what the weekend would bring. I was so so grateful I chose to be part of this beautiful offering **Midlife your Soul** that gorgeous Mara envisioned and created. Every aspect of it was special, aimed at healing deeply while having fun and meeting new like-minded women.

I felt held , nurtured and seen, nourished by the delicious healthy meals, the wonderful facilitators and hosts each teaching us what they know in a loving and caring manner.

The surroundings of the location is spectacular! I highly recommend this magical experience and am grateful to Mara, Vanessa, Tamsin, Kirsty, Claudia and Doreen for their magic and wisdom they shared.

A weekend I will always remember with joy. This journey was empowering!



Testimonials

NESS

I was a little bit nervous attending **Midlife Your Soul** retreat as I really didn't know what to expect but as soon as I arrived in the space my mind was put at ease.

Mara Louisa is an amazing facilitator, she is so full of knowledge, compassion and most importantly I felt heard. It was a beautiful experience and lots of fun.

I learnt so much about how to navigate my body and my mindset through this next cycle of my midlife. It has given me the confidence to start the conversation with my partner and my female friends circle as it really wasn't something that we spoke about but such an important phase of our lives. I had a total reset and when I left, I felt like a new woman. I was celebrated as a woman, loved and ready to take on the world! I wholeheartedly recommend working with Mara.

I want to thank you again for the **Plants & Play ceremony** last week. It was such an awesome experience.

I have felt very clear and determined about what i want to achieve, put goals in place and have already started to get in action. Woo hoo!

I loved the singing bowl vibration and the playlist was spot on. And the drumming was sooo good! My walk on the beautiful land in the morning really helped too, it was a good way to cement things, if you know what I mean by that?! Love ya's. Enjoy the sunshine 🌞 🌱 🌿 🕊️



Testimonials

SUZANNE

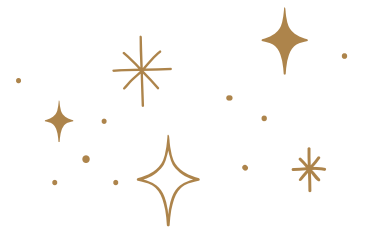
Thank-you for such an amazing , uplifting & empowering weekend. I have taken away so many unforgettable & beautiful memories that I will cherish.

I'm love my music & after listening to 'My Queen' I'm thinking it certainly will be a real heart favorite. Thanks for sending it through, I have listened to it soooooooo many times.

It was lovely to meet you & all the other amazing women .
I wishing you all the best for future retreats ... 🌸🦉✨

MARI

Hi Mara thank you for your healing - was amazing! Honour was all mine mara - u r a true healer and this world is a better place because of your pure kindness and love 🌻



Testimonials

ANON

As I have been in a traumatic situation for some years, the process of transformation is taking place in what feels like sporadic bursts.

My mental and emotional bodies seem to be shedding, processing in random ways so it is difficult to make an appraisal of my overall progress.

I was in a very dark space, feeling somewhat desperate and isolated when I first contacted Mara. I am no longer in that space and the investigative journey of enquiry that ensued our healing session has brought a much greater place of acceptance and understanding within me.

I can, however say with certainty that I in a much lighter space than when I presented to Mara for the healing. Eternally grateful I am, for the lifeline that she threw me. Sharing the power of her knowledge and wisdom, taking me deep with the penetrating drum ceremony and for creating and holding me in sacred space. ✨



Testimonials

JOHN KAI WALLIS

Mara had an inconspicuous way of intentionally interrogating what was going on in my world. What I discovered in our session was a way of being, that was negatively impacting my brand and image of my business.

She guided me into myself to uncover what was really missing, which was a connection to the earth. Specifically the feminine. In that, the remedy for me was starting a new relationship with the feminine, one that challenges how I show up in the world. ~ linktr.ee/johnkaiwallis



CASSIE

I recently became a mother, and before my session with Mara I was feeling a familiar sense of anxiety with thoughts around what I was going to do next.

I felt a very grounded and loving presence in Mara's energy, which made me feel safe to explore further what was present for me. During our session I became full of inspiration, new ideas, and clear on a practical first step.

Ever since working with Mara I feel much more hopeful and excited about the journey I am on, the possibilities of what's to come, and I feel more joy in the present moment.

Much love ~ Cassie 💜❤💙

