

Subhana Barzaghi & Lidia Long

19—26 MAY 2018 • VILLA BOCCELLA • TUSCANY • ITALY



Awakening the Joy of Creativity under the Tuscan Sun

Subhana Barzaghi

Subhana is a Zen Buddhist Roshi and Insight meditation teacher. Subhana has a passion for creating beautiful, mindful, wise, healing, sacred places in the inner landscape of the heart-mind and in the world through meditation, art making, writing and psychotherapy. She leads intensive retreats throughout Australia & New Zealand. Website: subhana.com.au

Lidia Long

Lidia is a registered Psychologist working in a private practice in Sydney. She has studied Buddhist wisdom for many years and is particularly interested in the benefits that mindfulness practices have on healing, well-being and living an inspired life. Fluent in Italian, Lidia has been leading small group experiential tours to Italy since 2011.

Join us for a nourishing 7-day Mindfulness and Creativity Retreat at the beautiful Villa Boccella located in Tuscany Italy, where we will replenish, explore and celebrate our innate creativity.

The retreat is a time for inner rejuvenation that arises from stillness and insight meditation, which opens up a space that restores our energy, reinvigorates our passion and enhances creativity. When we enter the silence and stillness of meditation we connect more fully with nature and with ourselves allowing us to touch and explore our innate wisdom and creativity.

By releasing the blocks to creativity we discover that it flows naturally from an engaged, open, and free heart. We will explore the way joy and creativity arise from both light-hearted and difficult circumstances as a celebration of our tender and resilient human heart. We'll use the skillful means of mindfulness meditation, writing, art making and creativity to invite joy to express itself in word and image.

Artwork: Craig Ruddy



Cost:

Full retreat Package \$1920 covers Villa Accommodation and three gourmet vegetarian meals a day. Twin Share Accommodation.

Dana: Teachers in accordance with the Buddhist tradition provide their teachings as a gift (dana) and rely on your return of that gift in the form of financial support.

Inquiries:

For inquiries and application forms contact Lidia Long:

Email: lidialong@bigpond.com or

Mobile: +61 (0) 431 438 783

What's included:

- Twin shared Accommodation
- 30 Professional Development Hours
- 3 meals - Buffet breakfasts, vegetarian lunch and dinner
- Morning/afternoon tea, coffee, juice
- Villa set within beautiful grounds

What is not included:

- Airfares
- Travel Insurance : compulsory for this retreat
- Dana for the workshop/ teachings
- Excursions or tours outside of Villa
- Hire of bicycles or other transport into Lucca
- Museum/art gallery entrance fees

Retreat Program

Each day will begin with an early morning session of meditation. Subhana will lead a creative writing and art making session mid-morning. In the afternoon Lidia will inspire us with her natural life photography and take us on mindful imaginative walks to explore the historic town of Lucca and the gentle countryside of Tuscany. There will be time for personal creative work. The evening session will include; meditation and an optional sharing circle.

Venue and Accommodation

The Dependence Villa is a tranquil, stunning villa situated in the beautiful gardens of the Villa Boccella Estate located in the gentle countryside of Tuscany, 10km north of the historic city of Lucca.

www.villaboccella.com/location.html

Lucca & Region

Explore Lucca and the surrounds, enjoy local Italian cuisine and delight in the natural beauty of Tuscany. Lucca is known for its well-preserved Renaissance walls encircling its historic city center and its cobblestone streets. This almost perfectly preserved jewel of medieval architecture and buildings, emanates charm and shows layers of history from every corner of its narrow winding streets. Broad, tree-lined pathways along the tops of these massive 16th- and 17th-century ramparts are popular for strolling and cycling. Food and wine lovers go to Tuscany to enjoy its simple but tasty cuisine and fine wine. Lucca is a short train ride away from the local village of Ponte a Mariano, or can be reached on pushbike along the river trail.