

# Awakening the Joy of Creativity in Tuscany

## How do I get to the Villa Bocella?

The Villa is 10kms from Lucca, from Lucca you will need to take a taxi to the villa which is around 10kms away.

The closest international airport is Pisa. If you are arriving: -

**From Pisa** you have a choice of: -

- **Train** to Lucca around 35 mins & 3 euro. You will need to change at Pisa Centrale.
- **Bus** leaves hourly from airport, 57mins & 3euros then taxi to Villa
- **Taxi** from airport about 30mins and 50-70 euros direct to villa.

## From Rome

Lucca is about 3 ½ hours from Rome. The easiest route is via Florence. Trains to Florence depart from Roma termini every 30mins, I have been advised that the changeover is quite easy at Florence.

You can purchase tickets at the airport and they will need to be validated just before you board the train.

## Do I need experience in meditation or mindfulness to attend?

Previous experience in meditation or mindfulness is not required. Meditation and Mindfulness are a gentle and nourishing process. There will be meditation instructions on the 4 foundations of mindfulness and the 4 qualities of the boundless heart (love, compassion, joy and equanimity). Sessions are guided by an experienced teacher.

## Do I need to bring my own meditation mat/cushions?

Yoga mats and chairs are provided. The studio floor is tiled with under floor heating. If your preference is to sit on the floor it is recommended you bring your own sitting gear, consider blow up cushions as an option. Alternatively, you could buy a cushion for meditation in Lucca.

## What will the weather be like? What clothing should I bring?

May is one of the best times to visit Tuscany. The weather is starting to warm up with temperatures around 16-21C during the day. The nights are cooler with temps around 11C.

## I have special dietary requirements will my food preferences be catered for? 3 delicious vegetarian meals will be provided daily.

Please advise us of any dietary restrictions, we can cater for gluten free and lactose free diets. We will do our best to cater to other needs if possible.

**I will be travelling with my partner/friends who do not wish to attend the retreat.**

There will be a limited number of places available offsite for people travelling with others not participating in the retreat.

**What time should I arrive at the Villa Boccella?**

Arrival is from 4pm on the 19<sup>th</sup> May. There will be a welcome dinner at 7pm. The retreat ends after breakfast on Saturday the 26<sup>th</sup> May, 2018.

**Will this be a silent retreat?**

The retreat will be silent from 6.30 am until 2pm including breakfast and lunch. Dinner will be social.

**Do I need travel insurance to attend the retreat?**

Yes, Travel insurance is compulsory.

**Can I claim Professional development points?**

Depending on your registration organisation you may be able to claim up to 30PD points.