



**“RESET 2022” IS THE EXPERIENCE THAT WELCOMES YOU TO RE-CONNECT WITH YOUR OWN CREATIVITY!**



For those who need a break and are open to explore and experiment with new activities to get their life back on track or start a new one!

**This is it!**

If we give ourselves the opportunity to recuperate, stay still for a moment, detox our system of all the stress, the anxiety, the day by day drill, let new ideas come into our system, and learn new things completely out of our context, then our body and mind begin to heal and shape up, now imagine what that can do to our heart.

**We believe that the Creative Process can open a world of possibilities**

Give yourself the chance to reset your whole system, your body, your mind, your heart, so you are able to decide which will be the way you want to keep walking your life in a good state of clarity, health, and well-being.

**This experience contains 6 categories of activities with more than 70 hours of courses specially designed for this purpose during your four weeks staying. We invite you to embark with us on this new adventure where you can relax, learn, and delight yourself at the same time!**

### ARTISTIC PRACTICE

Learn in an Art Workshop environment like the great artists used to back in The Renaissance.

Includes Drawing and Painting, Sculpture with clay, and a brief ceramics lab with a pottery wheel. So, you can feel the difference between creating in 2D and 3D with your own hands.

### CULTURE

We'll explore the cities of Florence, Siena, and Montepulciano with History and Art History lessons. Learn about great figures like Michelangelo, Leonardo, and Galileo and how the Medici's interacted politically, and economically for the greatness of Florence.

Also, you'll be learning to start speaking or improving the local language since you are going to be here for a while.

### MAMMA MIA!

Awaken all your senses and integrate the sensations while you cook a real Dolce Toscano (in Florence) and Stuffed Pasta at the Mugello, one of the most famous places in the region for this kind of homemade pasta.

## NATURE & MOVEMENT

Take a breath of pure Tuscan mountain air while we walk with the technique of Nordic Walking in one of the beautiful forests surrounding the city.

We will also go to the Antique and Classic Rose Garden of Maria Giulia Cimarelli to learn about their history cultivation and care. It's simply a magical place.

## ART THERAPY

Get in touch with your present moment and connect through Art where creativity is a fundamental tool that allows you to take risks, experiment, and play simultaneously.

## INTEGRATION ACTIVITIES

Simply moments to relax and share appreciations of our journey, an opportunity to enjoy. Two aperitivos and two dinners in a couple of our favorite places.

**MAXIMUM GROUP CAPACITY: 8 PERSONS  
FROM 1ST TO THE 30TH OF NOVEMBER 2022.  
PRICE PER PERSON: €2,800.00 EUR.**

Includes taxes, materials, entrance tickets to churches and museums, transportation to venues considered in the program, and transportation from Peretola Airport or SMN Train station to your lodging in Florence.

Ask about the possibility of doing only a 15-day period.

**To save your place a 50% down payment is required before September 21, the rest must be settled by October 18, before we start the experience.**

(Price does not include: plane or train tickets, accomodation, car rental, parkings travel insurance or medical expenses, food or drinks that are not considered in the program, excess of baggage on flights or expeditions of completed works to the countries of origin).

**GIVE YOURSELF THE OPPORTUNITY TO LIVE THIS WONDERFUL JOURNEY  
BY JOINING THESE FOUR WEEKS OF RESET FULL OF UNFORGETTABLE MOMENTS!**

Let´s start a conversation!

## Walk Your Way

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