

ALCHEMY

in Florence



“There is a life-force within your soul, seek that life. There is a gem in the mountain of your body, seek that mine. Traveler, if you are in search of that, don't look outside, look inside yourself and seek that.” -Rumi

“Reclaiming Your Inner Gold”

May 20-27, 2018
Florence, Italy

- * Take the first steps on your journey to reclaim your inner gold through a series of contemplative exercises and guided meditations in an intimate small group setting.
- * Stay in a charming frescoed 14th century palazzo.
- * Immerse yourself in the rich Florentine culture with a privately guided tour of the famous Uffizi gallery, a wine tasting excursion to the Chianti wine region at two different wineries, savor local tuscan fare.
- * Enjoy a peaceful escape from the rigors of travel with a relaxing spa massage after exploring the wonders of Florence with its renaissance architecture, world famous art, and stunning scenery.
- * Create your own gold ring as a symbol of your inner journey.

ALCHEMY

in Florence



Alchemy is the ancient art of transforming lead into gold. Throughout this weeklong retreat, Patricia Masters, licensed marriage and family therapist, will guide you through a series of contemplative exercises and guided meditations to begin taking the steps to transform the “leaden” areas of your life into your inner gold. You will come away from this retreat with a better understanding of how to integrate all parts of yourself into your life’s journey.

At the same time, you will have a hands-on metalsmithing experience creating your own 18k gold ring as physical symbol of your inner journey.



Our home away from home will be a beautifully restored 14th century palazzo (palace) located in the heart of the artisan “Oltrarno” district of Florence. Each shared room is an apartment style accommodation with kitchenettes and dining areas, allowing you the option to eat in if you so choose. The palazzo is situated within easy walking distance to the studio where the ring making will take place. In this neighborhood of Florence you can still find the local artisans carrying on old traditions of

Italian craft. Amazing restaurants, boutique shops, and the best gelato in the city are found here.

ALCHEMY

in Florence

Daily Schedule

Sunday, 5/20	2pm	Check-in to Palazzo
	7:30p	Welcome dinner
Monday 5/21	9:30-12	Morning session with Patricia
	12-1p	Lunch
	1-4	Metalsmithing studio
Tuesday 5/22	10-12	Morning session with Patricia
	12-1	Lunch
	2-4	Relaxing afternoon Spa massage
Wednesday 5/23	10-12	Morning session with Patricia
	12-1p	Lunch
	1-2:30	Metalsmithing studio
	3:00	Privately guided tour of Uffizi Gallery
Thursday 5/24	10-12	Morning session with Patricia
	12-1p	Lunch
	1-3	Metalsmithing Studio
	3-10p	Wine tasting excursion to Chianti (dinner included)
Friday 5/25	10-12	Morning session with Patricia
	12-1	Lunch
	1-4	Metalsmithing studio
	6p	Aperitivo on the steps of Piazzale Michelangelo
Saturday 5/26	7:30p	Farewell dinner
Sunday 5/27	10am	Check-out of Palazzo

ALCHEMY

in Florence

Price: \$3300

Includes:

- * 7 nights stay in a charming, beautiful, frescoed 14th century palazzo in the artisan district of Florence.
- * 5 sessions of contemplative exercises to begin your journey into reclaiming your inner gold.
- * Hands on metalsmithing experience alloying and making your own 18k gold ring as a symbol of your inner journey (no experience necessary).
- * Privately guided tour of the famous Uffizi Gallery.
- * Wine tasting tour in Chianti at two different wineries, dinner included.
- * A relaxing afternoon spa massage.
- * Five lunches, three dinners.
- * Gratuities for all tours, dinners, and palazzo.

Not included:

Airfare, breakfasts, dinners not indicated as included, independent meals and independent sight-seeing.

To Register: Send a \$500 deposit to hold your spot with completed registration, Group Rules, and Waiver/Release forms sent to:
Monica Branstrom Studio, PO Box 75074, San Clemente, CA 92673

You will then receive a follow-up phone call with Patricia to confirm your spot. Once your spot is confirmed, this deposit becomes non-refundable.