

# MONTELPARO, ITALY

19-26th April, 2024

*A Journey to Self*

**MONEY CAN'T BUY  
EXPERIENCES**

+61 (0) 488 444 162

[admin@ultimategirlsweekaway.com](mailto:admin@ultimategirlsweekaway.com)



*The Retreat*

SPECIALISTS



**THE BEST THAT ITALY  
HAS TO OFFER IN A  
RETREAT LIKE NO OTHER**

*Be immersed into a  
different world  
where everything is  
just as it should be*

**A BOUTIQUE RETREAT  
OPPORTUNITY**





***What to Expect***  
When you book with  
***The Retreat Specialists***

**ONE OF A KIND  
EXPERIENCES**

*We travel the world to ensure your retreat is exactly what we have said it will be. Our handcrafted programs are designed for you by people who understand. Who want you to experience the extraordinary.*

**AN INTERNATIONAL  
LEADING RETREAT  
COMPANY**

*With over 26 years experience in organising retreats it is about the reputation and guarantee that we give that each and every retreat guest feels welcomed and nurtured in their time with us.*

**TO US IT'S  
PERSONAL**

*At the Retreat Specialists we guarantee that to us, it is, personal. We want you to have those moments of awe and culture. Along with moments where you feel seen, heard and immersed.*



# *A letter from Liesel*



**Hello amazing women of the world,**

Italy holds a special place in my heart as it was one of the destinations that awakened my sense of wanderlust in 1992. I was enamoured by the Italian cuisine, the passion of its people, and the rich history. It truly is a unique place that offers something for everyone. And, if you're familiar with my story, you'd know that Elizabeth Gilbert began her year-long journey of self-discovery in Italy.

While some might say that this retreat was created out of coincidence, I firmly believe that there is no such thing. When we decided to reschedule one retreat, another was born exactly as it was meant to be. For months I had been meaning to connect with Hotel Leone and her creator Madeline - when we spoke she had one week free and so did I - so this retreat was born.

If you have been on my retreats then you know the space that I hold is different to the ordinary. You will walk away with an incredible shift in who you are and the role that you are here to play in the world. If this sparks and interest in you then read on!

I only have limited spots available for this retreat, so if you're interested, please let me know as soon as possible.

With warm regards,

**Liesel xx**

**Register Here  
Take me to Italy**

**14 places  
only**





# A Journey to Self

Retreats have a unique way of appearing just when we need them the most. They have the ability to transform us from within, and this upcoming retreat is no exception. It will undoubtedly pull on a thread that will create a lasting change within you.



## Discover Yourself in Italy!

Join us on a 7-day journey to one of the world's most beautiful countries! Elizabeth Gilbert, the author of the best-selling book "Eat, Pray, Love," spent three months in Italy on her journey of self-discovery. Although our trip isn't quite as long, we will be eating, sitting, and immersing ourselves in a high-touch experience that will help us connect with who we are - which often gets missed when we are 'something' to everybody else.

We will get to explore the region through cooking classes, immersive tasting, art experiences, and sightseeing. But that's not all. We will also take a step back, relax by the pool, and engage in meaningful conversations about life, self-discovery, and finding our place in the world.

I have 26 plus years of experience with these types of conversations - and that's what they are - a moment to pause, reevaluate, connect and leave different. They are the things that we don't normally think of because we are too busy, or we don't because they hurt too much, make us angry or have us yearning for something different.

This retreat is not about pain and hurting it is about embracing and loving who we are so that life can be different- fuller, have more colour, excite us more and move us forward in our journey.

A retreat, well at least mine, have a way of showing you why and how things make sense and bring you to the right place at the right time.

See you in Italy!

***In Eat, Pray, Love Liz says - "You need to learn how to select your thoughts just the same way you select your clothes every day. This is a power you can cultivate. If you want to control things in your life so bad, work on the mind. That's the only thing you should be trying to control."***

**Elizabeth Gilbert**



# Hotel Leone

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## Indulge in Your Self in A Genuine Italian Experience.

Visualize yourself in a historic palazzo, located in a postcard-perfect medieval village in the heart of Le Marche, Italy.

Our home at Hotel Leone, is a luxury boutique hotel with ten bedrooms and provides an idyllic retreat for small, intimate groups. Our retreat is individually crafted to offer freedom, space, and inspiration to nourish your self.

Nestled between the Sibillini Mountains and the Adriatic Coast, Le Marche is a region referred to by Italians as "all of Italy in one region," offering medieval hilltop towns brimming with art and culture, stunning mountain ranges, patchwork-quilt countryside, and an incredible coastline with hidden beaches. Despite its beauty and diversity, Le Marche has remained a secret slice of Italy, virtually untouched by mass tourism.

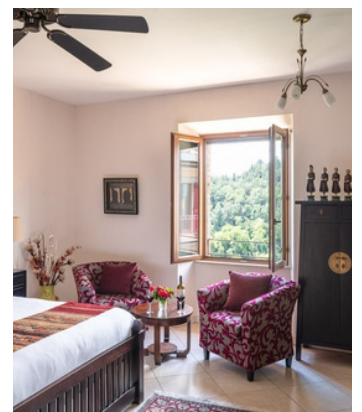
Join like-minded individuals and explore new places while expressing who you are in Italy. Everything is taken care of for you, so sit back, relax, and enjoy your journey.



### Luxury Boutique Hotel Leone And Retreat Centre, Montelparo, Italy

Luxury Boutique Hotel and Retreat Centre in Le Marche, Central Italy with luxury rooms and suites. Perfect for small groups, art, yoga, writing, transformation.

**Click above to take a look**





# Our Plans



## DAY 1

### **Welcome to Italy!**

Today marks the beginning of our journey together. Arrive at the local airport or take a train from Venice and join us for a warm welcome meal on the deck, as we overlook the beautiful Italian countryside.

During our introductory session, we will get to know each other and set intentions for our time spent together. What you take away from this experience is entirely up to you.

Our welcome dinner will be at 7.30pm.

### **Get Ready to Experience Gastronomical Delights!**

**This week, we'll be treating ourselves to some incredible food – a whole new level of taste sensations. Get ready to indulge it is not a week for counting calories!**



## DAY 2

**Today is all about you** - a leisurely breakfast before we start this exploration of who you are and what you mean to those around you. Where do you fit in the scheme of the world and the community that you are part of, Do you even fit? Or do you often feel like you don't belong?

I am hearing and seeing you. This is it, you are here at the right place for the right reasons.

**It's time.**



## DAY 3

**Start Your Morning** by Envisioning Who You Want to Be

Take a moment to reflect on what you want out of life and how you feel about it. While this may seem like a simple task that can be done alone or at home, the work is far more complex than you might imagine. This process is unlike any other, and you will have the opportunity to express yourself and be heard.

Later on, we'll enjoy some time by the pool before heading to a local restaurant for a pizza giro meal. Intrigued? You'll have to wait and see.



## DAY 4

**Before we embark on a thrilling eco-printing workshop at a local family of weavers' farm in the Sibillini**

**Mountains**, let's grab breakfast together and reflect on our what the first few days have brought us.

During the workshop, a knowledgeable guide will provide us with local insights and a delicious lunch. Later in the evening, join me for a magical meditation that will take you on a journey beyond your wildest dreams. The experience will leave a lasting impression on your subconscious mind.



## DAY 5

**Embarking on a Full-Day Culinary Adventure in Le Marche.** Today, we'll be out and about for the entire day, so skipping breakfast might be in order. We're off to savor the "Taste of Le Marche" – a day-long extravaganza featuring visits to three family-run artisanal food and wine producers. Each stop will include a tour and tasting, making it the ultimate indulgence.

Get ready for a day of exquisite food and drink!



## DAY 6

**Experience a Hands-On Pasta Making Masterclass** with Three Generations of a Family. Join Nonna, her son, and granddaughter will all teach you how to make delicious tagliatelle and ravioli from scratch.







## DAY 7

**Today we will head to Fermo for some exploring and shopping for our last full day in this journey**

Our final dinner will be on the balcony soaking in the Italian sunset and time for you to reflect on your experience and have compelling discussions about personal growth. You'll be surprised to discover how much you've changed in just one week!

***Words cannot convey just what this retreat has brought to me. I do not know if thank you is enough and yet it will have to convey ALL of what and how I'm feeling.***

Vanessa, Melbourne



## DAY 8

**After our last breakfast it is time to say goodbye** and take home our beautiful time together - but if you want to go on to Rome, Venice or Tuscany we might just be heading that way as well.

**[Register Here](#)**

***Thank you so much for having me at your amazing retreat. I didn't know what to expect but I knew I could open my heart and fully embrace every moment of the week.***

Jess, Queensland



**Retreats change lives - they just do!!!!**

# Investment inclusions

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## During our time in Italy, you can expect:

- **Let's connect** online 2 weeks before we gather in Italy so we know who is who - and also to share when we are getting there and whom to look out for at the airport.
- During travel days, we will have a **Whats App connection chat**.
- During the week together we will have engaging retreat discussions that will allow you to immerse yourself in "**A Journey to Self**," offering a transformative experience. This is 100% Liesel's area of expertise.
- Included are **seven nights of luxurious accommodation** in air-conditioned, en-suite rooms outfitted with high-quality, 100% natural Italian toiletries, luxury bedding, and daily room servicing. Single and twin rooms are available.
- **All meals are provided**, including breakfast, buffet lunch, and a choice of up to four courses from our daily-changing gourmet dinner menu. You will also get to enjoy a fun "pizza-giro" evening at a local trattoria within walking distance of the hotel, and sample local wines with lunch and dinner - there will be NO calorie or carb counting on this trip!
- **Private group transfers** to and from either Ancona airport or Pedaso (station or bus stop).
- **An eco-printing workshop** at a family-owned farm in the Sibillini Mountains, including lunch, transportation, and a local guide.
- A **hands-on pasta-making masterclass** with three generations of the same family - Nonna, her son, and her granddaughter - who will teach you how to make tagliatelle and ravioli from scratch.
- "**Taste of Le Marche**," a full-day experience visiting three local, family-run, artisanal food and wine producers, with a tour and tasting at each, including transportation, lunch, and a local guide.
- A trip to the **city of Fermo**, including transportation, lunch, and a local guide.
- **A private retreat space** for our discussions, as well as pre-and post-retreat meetups online.
- **Full-time on-site staff**, including concierge service.
- Our well-known **welcome retreat gifts!**

**And a few little surprises tucked in there as well!!!!!!**

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Take me to Italy**

**Contact Liesel at  
[admin@ulimategirlswalkaway.com](mailto:admin@ulimategirlswalkaway.com) for more  
information**



# Investing in Yourself



**14 places ONLY**

**Single Share \$4997 AUD / \$3197 USD / €3097 / £2657**

8 single rooms available

Per person cost

**Twin Share \$3997 AUD / \$2587 USD / €2437 / £2157**

3 twin rooms are available

Per person cost

**Deposit Amount \$500.00 AUD**

*Transfers from Rome or the local bus/train station ^ 7 nights accommodation in single or twin share ^ 7 breakfasts, 7 lunches, 7 evening meals ^ local wine with all meals ^*

*Le Marche day food tour ^ pasta making class ^ eco printing experience ^ all local transport ^ local guides ^ a Retreat Specialist Welcome Gift*

## Your Investment does not include



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- Flights to and from Italy
- Transfers to and from the pickup point - we will connect you with others arriving at the same time and tell you where to meet
- Tips for the local tour guides
- Any drinks and food purchase that are not part of the itinerary program
- Purchase of Travel Insurance
- Spending money



## Your Questions

[Register Here](#)  
[Take me to Italy](#)

### **Where do I fly to?**

Our advice is to fly to Rome and there will be a group transfer OR get the train to Pedosa and we can arrange pick up. If you arrive in Rome and want to spend a few days we will let you know where to book so you can all travel together.

### **How do I get to the Hotel?**

We will organise transfers and let you know much closer to April.

### **I have food preferences**

We will do our best to cater to what you need - gluten/dairy-free is doable - vegan is harder - chat with us and we can see what we can arrange. The beauty of Italy is everything is made fresh and the flour is not as processed as here so that makes a difference.

### **I want a twin room but don't have anyone to travel with.**

That is OK - we can pair you with someone for the retreat.

### **Do I have to pay all at once?**

You can of course but if you want to pay the deposit and then we will break it down into monthly installments

## Terms and Conditions

### **Refund Policy**

On booking, we use your deposit to secure your place at this retreat. This is non-refundable. The balance is due by the 15th of March. Up until the 10th of February, 2024 50% of the balance is refundable. Post this date there is no refund.

It is advised that you purchase International Travel Insurance when the deposit is paid so as to protect yourself if you need to cancel your attendance.

### **We hold no liability for any decisions made by you at the retreat.**

These terms and conditions are the entire agreement between you and The Retreat Specialists Pty Ltd. These terms and conditions are governed by Australian law and the parties submit to the non-exclusive jurisdiction of the courts of Australia in respect of any dispute or proceeding. On the Registration Form, you will be asked if you have read these Terms and Conditions. If you tick YES and you have not fully read these Terms and Conditions, we take no responsibility for this.



## **PROGRAM ALTERATIONS**

The Retreat Specialists Pty Ltd reserves the right to alter the daily program times and facilitators, before or during the event - any effecting changes you will be notified accordingly. If the keynotes cancel attending the retreat you will be refunded their component of your registration unless a replacement is made of a similar standard.

## **PRICES**

All prices quoted are in AUD and inclusive of any relevant taxes, they are per person and inclusive of all inclusions which are outlined under Retreat Inclusions.

## **INTERNATIONAL TRAVEL INSURANCE**

We will request a copy of your Travel Insurance before check-in. We have this in case of emergency so we can liaise with the relevant body.

## **PHOTOGRAPHY AND VIDEO**

By reading this you understand that while participating in this program, you may be photographed and videoed. Therefore you agree to allow your photo, video, or film likeness to be used for any legitimate purpose by the program holders and assigns. This may mean that this includes (but not exclusive to) social media such as Facebook, Instagram and newsletters. If you disagree with this, then please inform organisers through email at [admin@ultimategirlsweekaway.com](mailto:admin@ultimategirlsweekaway.com)

## **CODE OF CONDUCT**

By reading these Terms and Conditions you agree to conduct yourself with responsibility, decorum and kindness at this retreat. You understand that should you engage in inappropriate, illegal, or disruptive behaviour you will be asked to leave the program and the resort at your cost and no refund will be available.

## **HEALTH, FITNESS & MEDICAL**

As a Retreat Participant, you hereby:

- a) Consent to receive medical assistance/treatment which may be deemed advisable in the event of injury, accident, and/or illness during this program.
- b) Waive any right to bring an action for loss or damage against the Retreat Organiser or contractors associated with UGWA where assistance/treatment (provided or attempted) has accidentally worsened your condition.

You certify that you are physically fit, have sufficiently prepared for participation in this program, and have not been advised to not participate by a qualified medical professional. You certify that there are no health-related reasons or problems which preclude your participation in this program.

## **ACCOMMODATION DISPUTES**

On arrival at the hotel you are dissatisfied with your room or any other service you must report this immediately to Liesel so action can be taken to remedy the problem.

## RELEASE OF LIABILITY

As a Retreat Participant at this retreat you hereby agree to release, indemnify, and discharge the Retreat Organiser (and/or their directors, family, employees, co-facilitators, volunteers and representatives) on behalf of yourself, your children, your parents, your heirs, executors, administrators, assignees, personal representatives and estate as follows

- a) You agree that the Retreat Organiser is not responsible for any loss, damage, cost, expense, or other liability whatsoever incurred by you arising out of:
  - a. Injury, accident or death
  - b. Loss or delay of baggage or other property; and or
  - c. Any delay, inconvenience, loss of enjoyment, or frustration, whether physical or mental resulting from, but not limited to any of the following factors
    - i. The act or omission of any party including the Retreat Organiser or its employees
    - ii. Mechanical breakdown, government actions, weather or any other factors beyond the Retreat Organisers control
    - iii. Your failure to read the information provided and/or follow instructions including but not limited to obtaining sufficient travel protection and health insurance, and providing correct and complete personal health and travel information
    - iv. Your cancellation and/or change of any travel services; and/or
    - v. Your medical or health problems or physical disabilities stated or otherwise.
- b) You agree that your participation in all retreat activities, accommodation use, travel and transportation (self-driven, private, hired, public, with or without a hired driver) is purely voluntary AND you expressly agree to assume all the risk of injury and activity and/or damage in participating in all activities, accommodation use and transport services and options offered during the Retreat.
- c) You agree that the Retreat Organiser hold no responsibility for the action omissions of third parties or independent contractors, including in the event they modify the nature of a service or accommodation type as compared that to the advertised nature of the Retreat/Journey/Tour.
- d) You acknowledge that any eventuality of the same risks are not grounds for refund or discount.
- e) You acknowledge that this Accident Waiver and Release of Liability part of this Agreement will be used by the Retreat Organisers in events in which you may participate and that it will govern your actions and responsibilities during the Retreat/Event.
- f) You hereby agree that the Retreat Organiser is released from all liability arising from any negligence or fault, for your death, disability, personal injury, property damage, property theft, or actions of any kind that may hereafter occur to you, including your traveling to and from this program, food poisoning, accommodation issues, business, legal, life or financial advice.

**Contact Liesel at [admin@ulimategirlsweekaway.com](mailto:admin@ulimategirlsweekaway.com)  
for more information**