



THE ART OF DREAMING IN TUSCANY

April 14-22, 2023

**\$3299 per person sharing double room
(airfare to Italy additional)
\$1299 single supplement**



Have you ever dreamed of exploring Tuscany like a native? Poets and painters have been inspired by nature's bounty across Italy for centuries. You too can get a taste of the real Tuscany in this very unique tour that will help you connect to the language of the soul, while eating your share of pasta, gelato and wine.

Join dream workers Amy Lloyd and Tara O'Grady as they guide you on this curated journey through creative dream work. No artistic experience is necessary during this self-exploration retreat in Italy at a thermal spa resort in a poet's historic villa in the heart of Tuscany. Only your curiosity and adventurous spirit is required. As members of the International Association for the Study of Dreams, Amy (a visual artist) and Tara (a songwriter and author) will guide you through the symbolic territory that dreams represent. Leonardo da Vinci dreamed humans could one day fly. His countless sketches led to that reality for all of us to experience today. This is why our dreams are so important. This is why we are going to explore the art of dreaming in Tuscany, all the while experiencing the best that Italy has to offer.

HIGHLIGHTS:

- Stay at the 5-star luxury hotel Grotta Giusti Thermal Spa, a former 19th century villa of Italian poet Giuseppe Giusti in the heart of Tuscany. Experience the poetry of nature across the olive grove, herbal garden, caves, multiple pools and inspiring grounds.
- Take a dip in the largest natural thermal grotto in Europe. It is a breathtaking millenary cave, extending for over two hundred metres in the resort's subsoil. We will experience the healing power of a sound bath together in this extraordinary setting transporting us to a meditative state similar to dreaming.
- Visit Leonardo da Vinci's birthplace and museum where the artist-inventor dreamed his dreams that became a reality.
- Spend the day at Amy's private home, an oasis on an olive farm overlooking the rolling hills near the town of Barga. A private chef will cook for us as we engage in creative activities exploring dream work and sampling Amy's olive oil.
- Walk the streets of Florence at night with a local food expert who will teach us how to eat like a Tuscan.
- Attend a private rooftop party beside a pool overlooking the famous Duomo of Florence in our Plaza Hotel Lucchesi.
- Tour a local vineyard for a taste of the dreamy landscape. Discover the origin of tarot cards designed initially as a game in Tuscany in the 14th century. Learn how they are used today to interpret dream symbols.

ITINERARY

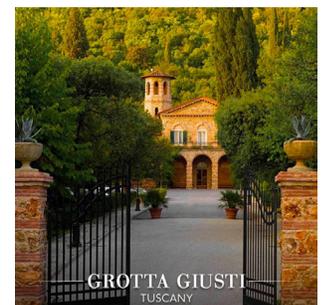
Friday, April 14 – United States to Florence, Italy

Depart from your US airport. Sit back, relax, and enjoy your in-flight meal service as you cross the Atlantic. (European travelers can meet us Saturday morning at the Florence airport. Meeting point will be arranged by Caddie Tours.)

Saturday, April 15 – Florence Arrival & Grotta Giusti Resort

Land at Florence International Airport in Italy. Upon arrival we will be greeted by our friendly and knowledgeable driver as we board our private coach bus. Once you hand over your suitcase, you won't carry it again for the entire journey. Get ready to be lifted and landed, wined and dined! When we arrive at our 5-star luxury resort spa, a short 35 min drive, you will have free time to rest and recuperate after your long journey before we gather for a Welcome Dinner at our historic hotel.

DINNER (7pm) AND OVERNIGHT: GROTTA GIUSTI (L,D)



Sunday, April 16 – Leonardo da Vinci Museum

After breakfast, Tara will conduct a dream workshop from 10am-Noon. Come prepared with a dream you would like to explore. Afterwards, we will hop on our small coach bus and head to lunch near the birthplace of Leonardo da Vinci one day after his April 15th birthday! Right in the heart of Vinci, in the Palazzina Uzielli and the Guidi Count's Castle, the Museo Leonardiano hosts the most ancient collection of models of Leonardo's works both as a scientist, technologist, and engineer. We will learn how the famous artist turned his dreams into creative masterpieces while overlooking a breath-taking landscape of the Montalbano hills which were a great inspiration for Leonardo. Return to our hotel for a sumptuous dinner.

DINNER (7pm) AND OVERNIGHT: GROTTA GIUSTI (B, D)

Monday, April 17 – Olive Farm & w/ Private Chef & Vineyard Visit

After breakfast, we will drive at 10am to Amy's house about an hour away. The Chicago painter lives in the hillside in the enchanting Garfagnana valley of Tuscany between the Apennines and Apuane mountain ranges. The fog covered landscape inspires her art making each morning as she opens her shutters and listens to the trees singing across the rolling hills. Amy will conduct a creative dream workshop, and her private chef will make us a meal as we enjoy the views from her estate beside the pool. After tasting the olive oil from her own trees, we will walk down to her neighbor's vineyard for another tasting of his wine and cheese.

OVERNIGHT: GROTTA GIUSTI (B, L)



Tuesday, April 18 – Sound Bath in the Grotto

After breakfast at our hotel, Tara will conduct a creative workshop from 10am-12pm on the grounds. Then at 4pm we will take a sound bath in the grotto caves of the hotel. In the warm embrace of the thermal steam, a Tibetan singing bowl concert leads us into a deep state of physical and mental relaxation. This sound, accompanied by the voice of the master, guides us in relaxation to free our minds from all thoughts and release tensions. The rocky vaults amplify the effect of the sounds and vibrations and stimulate the body and mind. A dreamy way to spend an afternoon! Dinner will be on your own this evening at one of four hotel restaurants on the property.

OVERNIGHT: GROTTA GIUSTI (B)

Wednesday, April 19 – Lucca & Cooking Class

After breakfast, we drive at 10am to Lucca. The historic city is known as one of Italy's "città d'arte" (arts town), thanks to its intact Renaissance-era city wall and its very well preserved historic center. It is considered one of Italy's top ten picture-perfect towns. We will participate in a cooking class in a convert with a well known chef. Amy will conduct a dream workshop at a local artisan café, one of her favorite Trattorias in Lucca.

OVERNIGHT: GROTTA GIUSTI (B, L)

Thursday, April 20 – Florence & Foodie Tour

After breakfast we drive to Florence, the capitol of Tuscany. You will have free time to explore after we check-in to the Plaza Hotel Lucchesi which is in walking distance to all the attractions. Lunch is on your own while you shop and walk around this ancient city where the Medici banking family dominated through their economic influence for three hundred years, all while supporting Italy's greatest artists along the way. We will meet with a local foodie expert who will take us on a private walking tour as we eat dinner like a local at different stops along our stroll.

DINNER (7pm) OVERNIGHT: PLAZA HOTEL LUCCESI (B, D)



Friday, April 21 – Florence & Rooftop Cocktail Party

Breakfast at hotel. Free time to explore the city again all day, but this time with a mission in mind. Dream Scavenger Hunt - find a work of art that feels like it was created from a dream. You can visit one of the many museums - Uffizi Gallery, Accademia Gallery (Michelangelo's David), Modern Art Museum - or the architectural monuments such as the Duomo or any church/chapel with murals, statues, etc. Enter a book store, clothing store, or a café, anywhere you can find something inspired by dreams. Then bring your discoveries back to our hotel (take a photo or buy the postcard if possible) where we will share our dream discoveries at a farewell cocktail party with hors d'oeuvres at sunset on the roof by our pool with extraordinary views of the entire city including the iconic Duomo.

COCKTAIL PARTY (6:30pm) OVERNIGHT: PLAZA HOTEL LUCCESI (B)

Saturday, April 22 – Depart from Florence Airport

After a final breakfast at our hotel, our driver will bring us to the airport to return home, unless of course you don't want to leave! Caddie Tours can arrange other destinations to connect to if you wish to explore more of Europe. Either way, we hope we helped you make some dreams come true. Until we see you again, Ciao! Addio! Arrivederci!