



LIVE YOUR LIFE

Under the
TUSCANY SUN
Culinary Retreat

**A Once in a Lifetime Event September
25- October 2, 2027**

An exclusive 7-Day "insider" Culinary Retreat

Under the
TUSCANY SUN
Culinary Retreat

Experience Italy like a local with special privileges

Live Like a Local. Savor Life Like a Mediterranean.

This Is Not Just a Vacation.

This Is A Way Of Life.

Imagine waking up each morning to the soft glow of the Tuscan sun, surrounded by rolling vineyards, olive groves, and centuries of history.

No rushing.

No crowded buses.

No checking off tourist attractions.

Just the simple pleasure of slowing down, connecting deeply, and experiencing Italy the way it was meant to be experienced.

Welcome to the Tuscany Retreat by O'Live Your Life.

An intimate Mediterranean lifestyle immersion hosted by Rich Life Strategist Anita Heidema and Italian-born Chef Dario Tomaselli.

This is your opportunity to step away from the demands of everyday life and rediscover what it means to truly live.

The Mediterranean Secret

The Mediterranean lifestyle isn't a diet.

It's a way of living.

It's finding joy in simple pleasures.

Sharing meals with people you care about.

Moving naturally.

Reducing stress.

Practicing gratitude.

Creating meaningful experiences.

Living with purpose.

And savoring every moment.

During your retreat, you'll experience these principles in a way that no book, video, or course could ever teach.

You'll live them.

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Experience Italy like a local with special privileges

- ✓ **7 Breakfasts**
every morning starts with a hearty breakfast
- ✓ **5 Lunches**
with all your favourites
- ✓ **7 Dinners**
with special events & cooking classes
- ✓ Wine and Drinks
(extra personal spirits not included)
- ✓ Transportation to excursions.
- ✓ Transportation to and from Rome



*Here's what you can
count on...*

2 Workshops RLM

**1 x upon arrival (get into that
Mediterranean state of mind)**

**1x prior to departure
(pre-registration required)**

**2 Morning Rich Life
Mediterranean Stretch & Relax
RLM**

**Transportation to your stay to
excursions**

**2 Tuscany Local Cuisine Cooking
Classes with Chef Dario**

**(Not included 2 lunches, spirits,
extra personal activities, and
flights)**

Special Sunset Event Nights





Your Daily Itinerary

Day 1

Arrive & Pick up Rome

Relaxation time by the pool.

RLM Relax Workshop (sign up ahead)

Welcome to Tuscany Dinner



Day 2

Mediterranean Breakfast

RML Rejuvenate stretch

Arezzo City Tour

Dinner Cooking Class

Day 3

Mediterranean Breakfast

Guided Tour in Sienna
(open afternoon)

Dinner at the Villa



Day 4

Mediterranean Breakfast

RML Rejuvenate stretch

Dinner Cooking Class

Locals party in Tuscan Hills





OLIVE your life



Day 5

Mediterranean Breakfast

Guided Tour in Florence
(open lunch)

Dinner at the Villa



Day 6

Mediterranean Breakfast

Parma Parmigiano
Reggiano Tour

Dinner in Modena - Michelin
Chef cooking class





Day 7

Mediterranean Breakfast

RLM Workshop (sign up ahead)

Monte San Savino

Dinner. Chianti valley

Admire the enchanting
Tuscan sunset



Day 8

Mediterranean Breakfast

Transportation back to
Rome







The fine print

Itinerary is subject to changes.
12-person minimum participants to fill the trip.
Health Insurance Mandatory

Deposit \$1000 pp

**Final Payment \$5000 pp
Due June 1, 2027**

**Full Trip \$6000 pp based on
double occupancy**