

# THE ESSENCE PROJECT

PATHWAYS TO OUR TRUE ESSENCE

Tuscany Italy, 24-29 June 2026

A refined, intimate journey into inner quiet, energetic awakening, and embodied presence



## What You Will Experience

- ✓ Energetic activation & exploration
- ✓ Meditation & breathwork
- ✓ Somatic movement & intuitive embodiment
- ✓ Shadow exploration
- ✓ Sound & frequency immersion
- ✓ Reiki healing
- ✓ Forest bathing
- ✓ Craftwork to soothe the nervous system

## Why This Retreat Is Different

This is not a yoga retreat — though yoga informs the work. It is a deeply personalised, spacious, and elegant invitation to return to your essence. With only 5–8 participants, each guest receives individualised attention,



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## Location

Villa Valdiperga, Tuscany



A serene historic villa surrounded by rolling hills, ancient trees, and luminous Tuscan light — an ideal setting for restoration and inner exploration.

+41 79 773 72 61  
nia@the-essence-project.com  
www.The-Essence-Project.com

## What You Will Experience

- ✓ 4 nights luxury accommodation
- ✓ All practices, workshops, and guidance
- ✓ Plant-based meals
- ✓ Energy & Reiki sessions
- ✓ Craftwork materials
- ✓ Forest bathing experience



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## Pricing

Pricing varies by room selection. Full pricing sheet available upon request.

## Reserve Your Place

Limited to 5–8 participants. A brief call ensures the retreat aligns with your intentions.

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Step into your essence...  
and emerge transformed