

Light from the Shadow:

Visual Journaling and Meditation Retreat in Italy

June 4 – 15, 2009



\$3,499.00/person

\$500.00 Deposit due March 3

Balance \$2,999.00 due April 3

Art, writing and meditation can present you with a less stressful way to deal with your life and life events. They shed light on what you truly think, feel and see. What better place to draw clarity to your life than beautiful Villa Pieve, in Umbria. Umbria, the "green heart of Italy," from the word "ombra" or shadow, is the ideal setting for its guests to illuminate the shadows in their lives with tools to clarify and express.

Come join Elizabeth Lewis, artist and healer, on this healing art and meditation retreat in Italy, the center of the arts for centuries. This unique opportunity will include outdoor meditation and art sessions at some of Italy's most beautiful and historic sites: the Boboli Gardens in Florence; the medicinal Botanical Gardens of the underground city of Perugia; outside the walls of Santa Maria Degli Angeli, the original site of the church of St. Francis of Assisi, and of course, our home for the retreat, Villa Pieve. Villa Pieve, the family home of Angelo Vasta, featured in the November 2008 edition of M. Magazine, is surrounded by rolling hills, olive groves and vineyards, and nestled in the charming medieval town of Corciano.



The trip includes:

- Airfare from Chicago
- 10 nights at Villa Pieve (www.pieve.com)
- All day trip tour and travel expenses
- Most meals
- 10 days of healing workshops
- Art supplies
- Day trips and meditation sessions at:
 - Assisi
 - Orvieto
 - Florence
 - Cortona
 - Lake Trasimeno
 - Perugia
- Behind the scenes art tours rarely seen by the public
- Wine and olive oil tastings, and more



For further information, contact Passante Arts Connection • www.passante-arts.com • antevic@msn.com