

# Italy Therapist Retreat – Preliminary Agenda

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September 18–25, 2026 | Castello di Magona, Tuscany, Italy

A 7-night retreat in a historic Tuscan castle designed for rest, cultural immersion, and professional development. This retreat includes 18 CE credits, morning yoga sessions, immersive cultural excursions, and expert-led trainings.



## What's Included

- 7-night stay in a historic Tuscan castle
- 18 CE credits, including Cultural Diversity credits
- Four structured professional training sessions with expert presenters
- Three mornings of yoga (Days 2, 6, and 7)
- Guided cultural excursions to Florence, Campiglia Marittima, and Bolgheri Wine Road
- All meals and transfers during retreat (unless noted as optional/personal expense)



## Retreat Schedule

### Day 1 – Arrival & Welcome (Sept 18)

- Arrival at Castello di Magona, check-in, and settle in
- Welcome circle: introductions, intention-setting, orientation
- Evening Tuscan welcome dinner with local music and storytelling

### Day 2 – CE Training & Local Exploration (Sept 19)

- 7:30 am – Morning Yoga (castle gardens)
- 9:00 am – 12:00 pm Training (3 hrs) – “The Ethical Imperative of Self-Care” – Arilda Surridge
- Afternoon: visit to Campiglia Marittima, a medieval hill town near the castle
- Evening: Dinner at the Castle

### Day 3 – CE Training & Creativity (Sept 20)

- 9:00 am – 12:00 pm Training (3 hrs) – Presentation by Bonnie Walchuck (topic TBD)
- Afternoon: Bolgheri Wine Road excursion – visit vineyards & olive oil tours
- Evening: castle dinner or group journaling

#### **Day 4 – Full-Day CE Training (Sept 21)**

- 9:00 am – 4:00 pm Training (6 hrs) – Early Trauma Protocol Training – Dr. Sandra Paulsen
- Evening: rest or optional thermal spa visit to Calidario Terme Etrusche (on own account, not included in retreat cost)

#### **Day 5 – Day Trip to Florence (Sept 22)**

- Full-day guided trip to Florence (approx. 2 hrs from castle):
  - - Explore the Duomo & Baptistery
  - - Visit the Uffizi Gallery (Botticelli, Michelangelo, Da Vinci)
  - - Walk the Ponte Vecchio and browse artisan shops
  - - Free time to wander Florence's historic streets
- Evening: group dinner back at the castle

#### **Day 6 – CE Training & Wellness (Sept 23)**

- 7:30 am – Morning Yoga (castle gardens)
- 9:00 am – 12:00 pm Training (3 hrs) – “Ketamine-Assisted Psychotherapy: Clinical Foundations and Therapeutic Applications for Mental Health Professionals” – Beth Crawford
- Afternoon: free time to rest, journal, explore castle grounds, or relax by the pool
- Evening: castle dinner

#### **Day 7 – Integration & Farewell Celebration (Sept 24)**

- 7:30 am – Morning Yoga (castle gardens)
- Morning CE integration workshop (focus on Cultural Diversity & application in practice)
- Afternoon: Tuscan cooking class at the castle with local chefs
- Evening: farewell Tuscan feast with music, wine, and closing reflections

#### **Day 8 – Departure (Sept 25)**

- Optional morning meditation or journaling in the garden
- Farewell breakfast
- Departure & transfers



### **Featured Nearby Excursions from Castello di Magona**

- Campiglia Marittima – medieval hilltop village
- Bolgheri Wine Road – renowned vineyards & olive oil tours
- Florence (full-day excursion) – Duomo, Uffizi Gallery, Ponte Vecchio, artisan shopping
- Calidario Terme Etrusche – natural thermal spa (optional, on own expense)