



Join Ady's 2018 Tuscany Wellness Vacation in Italy!

Stay with us in the heart of Chianti during a wellness immersion program designed so that you can better understand what Ady calls "The Sweet Spot" and how to remain within it as you enjoy your life.

We travel to this region of Italy so that you can observe first hand, a way of life that embodies some of the keys to wellness, and to illustrate the lessons Ady teaches. Your objective, to enjoy, observe and be immersed in the wonderful life of Italy during the week.



Mangia tutti!

("everybody eat") during a wonderful time at the **Italian Cooking School** learning Tuscan cooking.

Enjoy walking along cobblestone streets as you take in the local sites, shopping and day trip to **Siena and San Gimignano..**

Price: \$TBC

(CDN. per person*)



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*Price includes, return airfare from Toronto, seven night accommodation, continental breakfast, cooking class, ground transfer to and from Pisa Airport.