

Amore per tutti

8 - 14 June, 2026

A yoga and meditation experience curated to help you slow down, notice the beauty around you, and savor the gift of simply being alive. This level of deep presence may be more important now than ever.



Hosted at [Agriturismo La Fontaccia](#) and Natalie's home in Tuscany



Drawing from the rich heritage of Traditional Tantric Yoga and the beautiful land and culture of Tuscany, Amore per tutti is an ideal experience for the weary soul who knows there is more to life than the void of consumerism, and the hamster wheel of productivity.

There is more to us as human beings than fear and greed and insecurity. We have the capacity for immense compassion, boundless wisdom, and unconditional love. Let us endeavor to embody the highest expression of our humanity.

Love is a verb

'...it is something we experience and express through what we do. Love is active, not passive. It is not something we can merely claim. It is, rather, a manifestation of what we choose to do. Love is the will to extend one's self for the purpose of nurturing one's own or another's spiritual growth. Love is as love does. Love is an act of will - namely, both an intention and an action. Will also implies choice. We do not have to love. We choose to.'

Amore per tutti

The theme of this retreat is Amore per tutti, *love for everyone*. In a world increasingly divided by seemingly insurmountable conflicting worldviews, it is vitally important that we rediscover and reclaim the ability to let love guide the way. Not the love of Hallmark cards and romantic comedies. Rather, the kind of love that stands tall in defense of truth, and seeks - relentlessly - to uncover the good in all beings.

The Tantric tradition is rooted inextricably in a worldview that is inclusive of all. Founded in reaction to the dogmatic, exclusive nature of the Brahman Orthodoxy, Tantra arose as a means for all people - regardless of caste, gender, or any





binary label - to pursue their fullest and freest life through a relationship with the divine - a divine held to no confining human-constructed definitions or limitations.

Tantrics have always lived beyond the confines of a rigid, fear and power oriented society. The Tantric movement was an act of resistance and revolution on behalf of the human soul. One of its primary and most cherished tenets is that which I experience as a rallying cry, as well as a gentle call to come home.

Love all. Hate None
Embrace All. Exclude None.

This tenet - and increasing our capacity to embody it - will be the unifying thread for our week in Tuscany. It will inform every practice, every adventure, every moment of solitude and social interaction.

Amore per tutti is less a 'yoga retreat' and more an immersion into this philosophy. Cast aside, if you will, any expectations you may hold for a typical yoga retreat. I'm never very good at living up to them, anyway. I like to do things differently.

Amore per tutti will feature home cooked meals prepared lovingly by my neighbor and friend, Elisabetta, or in my kitchen, together, in community. It will feature an effort to interact with friends and neighbors in our little Italian community. We will engage with animals, who seem to speak the language of love so much more effortlessly than we. We will give our presence to the land, trees, mountains, and waterfalls, and receive their boundless wisdom in return. We will eat wonderfully and mindfully with a deeper



understanding of the role we play in supporting nature to continue to supply us with her bounty.



And we will practice Tantric yoga and meditation every day. Some days we will be outside in my courtyard or somewhere in the fields on my property. Other days we may practice in a vineyard, near a waterfall, at a farm. Wherever we are, we will seek to give at least as much as we receive.

We will seek to be ambassadors of love.

We will have the privilege of calling La Fontaccia home for the week. La Fontaccia is a lovely agriturismo - olive farm meets bed and breakfast - located 25 kilometers outside of Florence, owned and run by my dear friends, Samuele and Elisabetta. This is where you will sleep and enjoy breakfast daily. My home is a short walk up the hill from La Fontaccia and that is where we will enjoy most of our daily practices and several of our meals. Between Sam and Betta's property and ours you will have over 50 acres of Tuscan countryside to explore at your leisure. When we are not 'at home,' we will be out and about enjoying experiences designed to connect us intimately with the people, the land, and the culture of Tuscany - experiences which are not found on the average tourist map.



Itinerary

8 June

3:00 - Arrive in Rufina by train & check in at La Fontaccia

**Natalie will greet you at the train station*

5:00 - Grounding Practice & guided relaxation

6:30 - 'Welcome' aperitivo at Natalie's house

8:00 - Dinner at La Fontaccia

9 June

8:00 - Breakfast at La Fontaccia

11:00 - 'Meet the People of Rufina' tour of the village

12:00 - Pasta making party followed by lunch at Natalie's

6:00 - Yoga & Meditation at Natalie's
8:00 - Dinner in the Village

10 June

8:00 - Breakfast at La Fontaccia
9:00 - Yoga & Meditation at Natalie's
11:00 - Depart for Pienza
1:00 - Lunch in Pienza
3-6:00 - Explore Pienza
8:00 - Dinner out and about

11 June

8:00 - Breakfast at La Fontaccia
9:00 - Depart for Casentino
10:00 - Explore the grounds of Il Pieve di Romena
11:00 Yoga & Meditation in Romena
12:00 - Picnic Lunch
2:00 - Nature Walk in Casentino
8:00 - Dinner at La Fontaccia



12 June

8:00 - Breakfast at La Fontaccia
9:00 - Yoga & Meditation in the Vineyards
11:00 - Tour, Wine Tasting & Lunch of Castello di Nipozzano
6:00 Horse Riding at Centro Ippico La Speranza
8:00 - Dinner & Bonfire at Natalie's

13 June

8:00 - Breakfast at La Fontaccia
9:00 - Yoga & Meditation at Natalie's
11:00 - Spend the day at a local Spa, hot springs or Waterfall
8:00 - Dinner at La Fontaccia

14 June

8:00 - Breakfast at La Fontaccia
10:00 - Closing Ritual



Visit the shops of Rufina with Natalie as your guide. Experience Tuscany through the butcher, the baker, and the gelato maker, one friendly face at a time.

11:00 - Check-Out

12:00 - Return to Firenze by train from the Rufina station

Investment

2000 € shared room & bathroom (queen or two twin beds)

2500 € private room & bathroom

500 € deposit (non-refundable within six months of the start of the retreat)

Please note that the investment is in euro to reflect the shifting currency exchange rates

Includes

Six nights of lodging at La Fontaccia

All meals including on our excursion days

Fees for any and all excursions

Transportation by rental car throughout the retreat

Daily yoga & meditation

Use of yoga mats & equipment

Self-Love gift bundle

Travel to and from Rufina is not included, nor are individual treatments at the spa.

Are you interested in joining Amore per tutti? Reach out to explore the possibility today.

[Connect with Natalie](#)

Registration for Amore per tutti closes 25 December, 2025