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Retreats, LLC [janicebriggs@ladolcevitaretreats.com]
Sent: Saturday, November 07, 2009 9:25 AM
To: janicebriggs@ladolcevitaretreats.com
Subject: Stile di Dolce Vita - La Dolce Vita Retreats: Journeys
of enrichment for women

*Stile di
Dolce Vita*



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SPECIAL OFFERS!

Deia, Mallorca

RETREAT LOCATIONS:

Cote d'Azur, France

Tuscany, Italy

Portofino, Italy

Amalfi Coast, Italy

Mallorca, Spain

[Register NOW](#)

November 2009

Ciao Bella!

November is upon us and the beginning of a very festive autumn has begun! What better way to start the season than with counting our blessings. As many of you know, I truly believe that when we begin our days from a perspective of gratitude, from the very moment we open our eyes, our days always begin "on the right track".

Hand in hand with giving thanks, is the equally important practice of giving back. I am convinced that philanthropy is integral to our health and well-being. Supporting our communities and helping those less fortunate creates within us a positive, healing energy which enhances our lives and transforms us.

La Dolce Vita Retreats is committed to these values, and as we announce our [2010 season](#), we want you to know that 5% our income is designated for charitable donations to local and global non-profit (501c3) organizations. It is an integral component of our purpose and mission.

"Live in color; experience more" is my personal mantra. Gratitude and philanthropy make it meaningful.

Special Offer!

Cote d'Azur: Two for One

Hurry! Special offer ends **November 30th** and there are only a limited number of spots available.



A presto,
Cari saluti e un abbraccio!

Janice Briggs.

P.S. Many of you have asked so.... here's my [Thanksgiving Bread](#) recipe!

La Dolce Vita Retreats

Gives Back...

LDVR supports pre-selected non-profits whose programs are consistent with its mission.

Programs supported include:

- 1) empowering young girls and women through scholarships, sponsorships and microfinance;
- 2) music education;
- 3) scientific research/ scholarships.



Allow me to present....

*the
2010 season!*

I am thrilled to unveil the [2010 season](#) for *La Dolce Vita Retreats*! We have a fabulous season intricately planned for you at our stunning European properties in [France](#), [Italy](#) and [Spain](#). All of our vacations feature the finest accommodations and amenities, exquisite service, gourmet meals and superb workshops and activities. Everything you need and want to relax, refresh and renew is at your fingertips!

I founded *La Dolce Vita Retreats* based on the premise that we, as women, must cherish and appreciate ourselves more, honor ourselves and indulge ourselves - to the same degree we do our husbands and children. With *La Dolce Vita Retreats*, my mission is to create the ultimate nurturing and learning environment for my ladies - a total mind, body spirit respite. I want each of you to feel like a princess for a week and to enjoy the camaraderie of women as we celebrate our lives and our accomplishments.

After years of coordinating and attending countless seminars, conferences and retreats for women, what I observed most prevalently, is that women tend to sacrifice their needs to fill those of loved ones. And why? Today's woman brings as much to the table as her partner; many of us, in fact, have been the sole provider. We are mothers and partners, caretakers and wage earners, nurturers and homemakers, afterschool tutors and cheerleaders, and much more.

For more information,
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Faculty Bios and News:

Full roster, workshop descriptions
and biographies coming in our
"SPECIAL EDITION" to be published
later this month.

I maintain that given there are 52 weeks in a year, certainly one can be devoted to ourselves, to our health and well-being, to our *dolce vita!* I invite you to come along for a journey of enrichment and make honoring yourself an annual tradition!

This year I am proud to announce that we are introducing new, flexible retreat pricing options to include double occupancy rates, as well as a choice of room categories. We now offer superior or deluxe room choices, in addition to the junior suite option; single or double occupancy, at most of our locations.

We also have special "2 for 1" offers* for traveling companions who want to enjoy the resort facilities but choose not to partake in the retreat program. This is a marvelous opportunity to enjoy some of the finest properties in the world at very affordable prices!

So, ladies ...are you ready to get "fit and fabulous"? We'll practice Pilates in France, hike in Portofino, kick-box in Amalfi, practice yoga and tai-chi in Mallorca, and power-walk in the Tuscan hills overlooking Florence.

We'll watercolor paint in Portofino, Amalfi and Mallorca; cook up a storm in Tuscany; sail in Portofino; explore museums, artists' studios and art galleries in Provence, Florence and Deia. We'll savour gourmet, regional cuisine everyday of our journey, rest and restore our weary bodies at spas, have lively discussions in our workshops, and share new experiences as we celebrate the camaraderie of women.

Come away with us! Play. Learn. Heal. Nurture. Laugh.
Relate. Enjoy friendship. Invest in yourself and your well-being!

Start living *la dolce vita!* There's no better time than now.

[Register Now!](#)





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news and special
announcements!

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 Forward to a Friend

or 5 or 10!

Travel Tips & [Resources](#)

[Chimera Travel](#) is a personalized travel planning company that creates customized itineraries for individuals and groups. We work with each client individually to create a vacation that fits their specific needs, interests and preferences.

For clients who need assistance with pre-and post travel planning and airline reservations, La Dolce Vita Retreats recommends [Chimera Travel](#).

Contact Maya Northen at maya@chimera-travel.com

Special Offer!

Just in time for

Holiday Giving!

Cote d'Azur

*"2 for 1" *click here*

Limited availability- Reserve now!

A magical place to explore

Deia Mallorca, Spain

We are delighted to announce that we have expanded our retreat locations to include another **Orient-Express** world class property - **La Residencia**.

In September, we will refresh and re-new at **La Residencia** on the Spanish island of Mallorca.

Just a stone's throw from the Mediterranean, on the northwest coast, the charming village of Deiá and the towering Sierra Tramuntano mountain range provide a truly stunning setting for our September 2010 retreat .

La Residencia, an internationally renowned five star hotel, featuring sumptuous accommodations and a warm, attentive staff, offers the guests of **La Dolce Vita Retreats** the ultimate cosseted vacation.

You will be pampered from the time you arrive at the Palma de Mallorca Airport where a private luxury sedan will whisk you to the hotel... two manor houses dating from the 16th and 17th centuries, surrounded by orange groves and ancient olive trees whose gnarled, twisted trunks resemble living sculptures.

Furnished with local antiques and tastefully designed to incorporate a vast, eclectic gallery of art created by local artists, this is truly a sanctuary for those seeking to escape the stresses of everyday life.

The ambience is casual but refined, rustic yet luxurious. La Residencia is the perfect oasis in which to relax, refresh and replenish.

The Book Worm

Suggested Reading Lists for:

[Cote d'Azur](#)

[Portofino](#)

[Tuscany](#)

[Amalfi Coast](#)

[Mallorca](#)

During the day, we will hike along the dramatic mountain ridges, take studio art classes from local artists, enjoy health and wellness workshops. We will swim in neighboring sea coves, peruse the coterie of local artists' studios and galleries, and absorb the serenity and natural beauty that inspired Chopin to compose several of his Preludes and Robert Graves to pen his poems and literature.

There will be plenty of time for leisure, to explore the manors' exquisite gardens or indulge in enriching, personalized spa therapies.

If tennis is your game, the courts are at your fingertips.

Have never taken a tai-chi class? Perhaps now is the time to try one, or yoga, piloga or meditation.

This will be a respite, both festive and relaxing, in which your sole focus will be on nurturing yourself and enjoying the camaraderie of a handful of other interesting women while enriching your mind, body and spirit.



La Dolce Vita Retreats offers women international vacations that combine experiential learning and creative self-expression to enhance one's mind, body and spirit. These women's retreats take place in exquisite European locales and provide enriching and nurturing environments. We celebrate the camaraderie of women as we address life transitions. We share our stories and re-discover our essential selves. We inspire each other. We play. We laugh. We reflect. We replenish our whole beings.

La Dolce Vita Women believe that each of us has the power within to create our own reality, to be awed by our lives, and to discover our own dance!

Journeys of enrichment
for women

international vacations
exquisite European locales
celebrating the camaraderie of women

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