

The Five Soul Wounds: a transformative journey from
the wisdom of India to the heart of Europe.

ANIMA INTEGRA

AWARENESS | HEALING | RECONNECTION

16-27 October 2025 | Tuscany

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This retreat is not just a moment of pause, it's a deep **inner journey**. It guides you through the healing of the **Five Soul Wounds: rejection, abandonment, humiliation, betrayal, and injustice.**

Unlike many retreats that focus only on relaxation or mindfulness, this experience

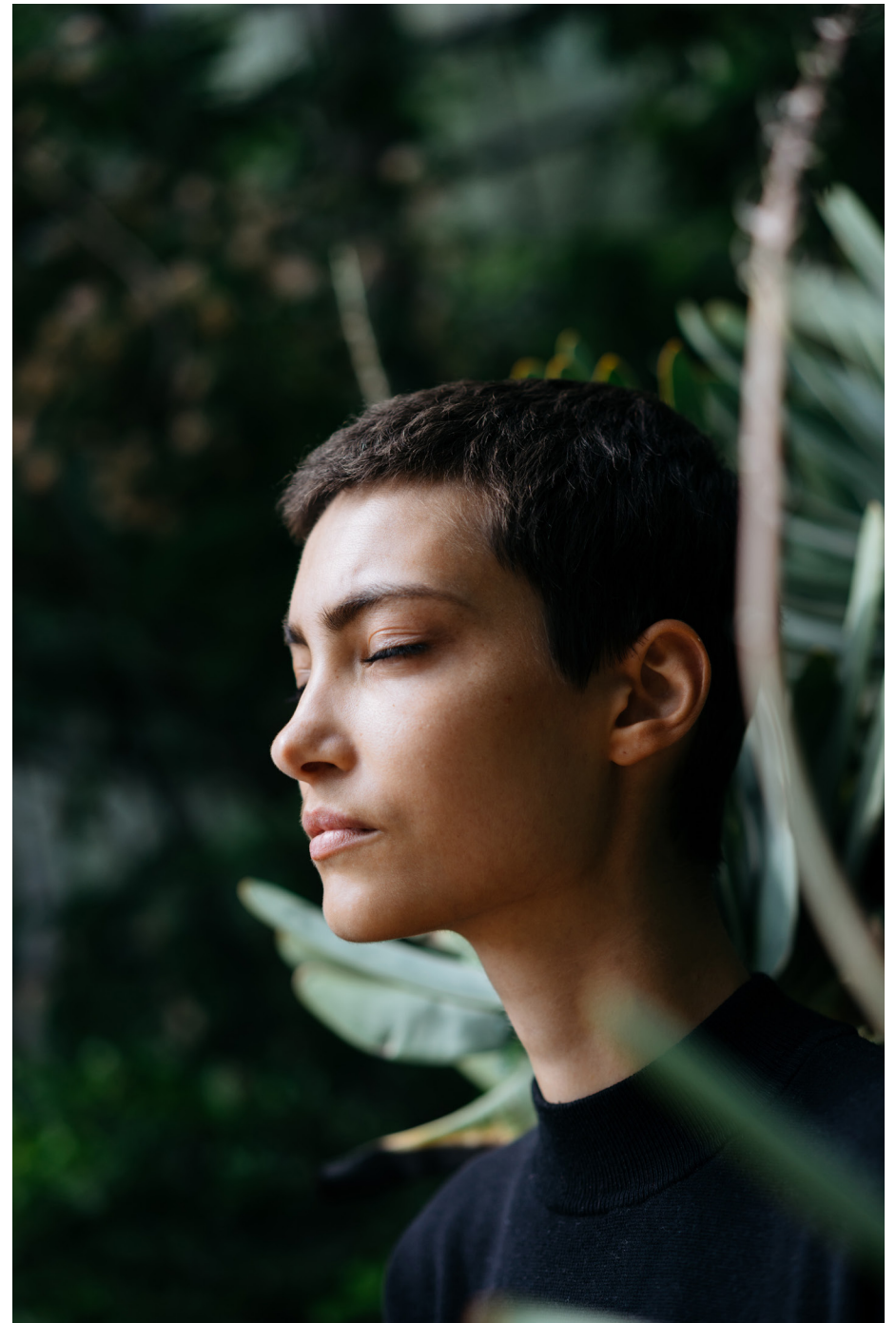
invites you to gently shed the emotional masks you wear, recognize the wounds that shaped you, and open space for **profound transformation.**

Held in English, we welcome an international community of seekers ready to reconnect with their most authentic self through **holistic practices.**



Slow down.
Breathe.
Come home.

Delve into your deepest truth
in a sacred place at the foot of **Monte
Amiata**. Meet your authentic self to
heal your body, mind and soul.
The way out is within.



What you will be part of.

BACH FLOWERS

Subtle floral remedies to restore
emotional balance

YOGA & PRANAYAMA

Hatha, Yin, Kundalini yoga and
breathwork

MEDITATION

The art of letting go of the ego

SOUL WOUNDS HEALING

Shedding your masks to reveal your
true essence

ART THERAPY

Creative exploration to unlock your
inner voice

SOUND HEALING

Vibrational frequencies to harmonize
body, mind and spirit

ECSTATIC DANCE

Movement and expression to release
and energize

CACAO CEREMONY

Heart-opening ritual with
ceremonial cacao

FOREST BATHING

Immersive walks in nature to reconnect
with yourself

SHARING CIRCLE

Spaces of deep listening and authentic
presence

Bach Flowers.

Bach flower remedies are gentle natural essences that support emotional balance and inner harmony. Safe and free of side effects, they work subtly on the energetic level to assist your healing journey. At the start of the retreat, we'll offer a blend to support emotional release and transformation — completely optional, with no pressure to take it.





Yoga & Pranayama.



Yoga and Pranayama are ancient practices that harmonize body, mind, and spirit through movement and breath. In this retreat, you'll explore both—using conscious breathing to activate your life force and yoga to awaken presence in the body. Together, they support clarity, balance, inner calm, and emotional well-being.

Meditation.

Meditation is a gentle reset for body and mind — not about stopping thoughts, but observing them with presence and ease. Just a few minutes a day can foster clarity, calm, and inner balance. It reduces stress, improves sleep, and nurtures self-awareness and emotional well-being.





Soul Wounds Healing.

According to spiritual traditions, we carry deep emotional wounds — sometimes from past lives — that shape how we feel and relate.

These wounds appear in our patterns and defenses. Bringing awareness to them is the first step toward healing, releasing old pain, and returning to a more authentic self. Healing begins with presence and self-love.

Art Therapy.

Art therapy is a creative practice that helps express what words cannot. Through painting, writing or drawing, you give form to hidden emotions and invite healing. It's not about being an artist — it's about letting your inner world speak and transform.





Sound Healing.

Sound healing uses vibrations — like singing bowls and gongs — to restore harmony in body and mind. It's a soothing sound bath for the nervous system, releasing tension, balancing energy, and inviting deep relaxation. Just lie back, listen, and receive.

Ecstatic Dance.

Ecstatic dance is a free, intuitive movement practice — no steps, no judgment, just pure expression. It's a moving meditation that allows emotional release, deep connection, and joyful transformation through music and presence. Let your body speak what words cannot.





Cacao Ceremony.

A cacao ceremony is a heart-opening ritual that fosters deep connection with yourself and others. This gentle plant medicine supports emotional release, clarity, and compassion. Sipped with intention, cacao becomes a guide back to love, presence, and inner truth.

Forest Bathing.

Forest bathing is the art of slowing down and immersing yourself in nature with full presence. More than a walk, it's a sensory experience that quiets the mind, softens the heart, and reconnects you to your natural rhythm.

Let the forest hold you, and guide you back to stillness.





Sharing Circle.



A sharing circle is a sacred space of presence, where words are offered from the heart and received without judgment. Rooted in deep listening and authenticity, it invites connection, vulnerability, and collective healing. Here, your voice matters — and your silence is welcome too.

Where the journey takes place.

Enjoy your stay in a charming, traditional **Tuscan villa on Monte Amiata**, where you will share rooms with fellow participants. The full board formula includes three delicious **vegetarian meals** a day, all prepared with fresh, local ingredients. Throughout your stay, you will also have access to all **workshops and materials** needed for the activities.





A retreat immersed in nature.

Nestled among the rolling hills of southern Tuscany, **Le Pianore** is a secluded **eco-estate** surrounded by forests, olive groves, and panoramic views of Monte Amiata. This **family-run farmhouse** blends rustic charm with mindful design, offering serene spaces for reflection, connection, and restoration. With organic gardens, shaded terraces and a saltwater pool, it's the **perfect sanctuary** for reconnecting with yourself and nature.

Who will guide you.



VIOLA VANNUCCI

A certified veterinary naturopath, she bridges science and spirit to explore the emotional roots of illness. Her path weaves energy work, German New Medicine, sacred plants, and tarot to guide others back to their soul's truth.



SIMONE E. ENDERLE

A Reiki Master and space holder, she blends yoga, sound healing, and energy work to guide others back to their inner wisdom. At Anima Integra, she offers a sacred space for deep healing and self-connection.



ACHARYA SURESH

Acharya Suresh is an Indian mystic and meditation teacher with over 20 years of experience. He guides inner journeys through yoga, meditation, and holistic healing rooted in ancient wisdom.



MATHIAS KLUGER

Mathias is a ritual guide and embodiment facilitator blending yoga, breathwork, and sacred dance. Through music, cacao, and conscious intimacy, he holds powerful spaces for inner transformation and connection.

Energy exchange.

SEED PRICE

(until july 31st)

€ 3070

BLOOM PRICE

(until august 31st)

€ 3315

HARVEST PRICE

(from september 1st)

€ 3515

Contact us.

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Learn more about
the location.



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BOOK YOUR SPOT WITH US

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TERMS & CONDITIONS

16-27 October 2025 | Tuscany

Terms & Conditions

(We know — reading the fine print isn't exactly soul-stirring, but it's still worth a quick look!)

Before anything else, a big thank you for choosing to join us on this transformative journey! Take a moment to read through the details below.

By signing up for the retreat, you acknowledge and agree to the terms outlined below.

1. Booking & Payment
2. What's Included
3. What's Not Included
4. Health & Wellbeing
5. Community
6. Guidelines
7. Cancellation Policy
8. Privacy policy
9. A little about you

Booking & Payment

To reserve your place, a non-refundable **deposit of €500** is required. The remaining balance is due by the applicable deadline, depending on the pricing tier:

- **SEED PRICE** - €3070 (valid until July 31)
- **BLOOM PRICE** - €3315 (valid until August 31)
- **HARVEST PRICE** - €3515 (from September 1 onward)

Payment can be made via bank transfer:

Account holder: **Viola Vannucci**
IBAN: **LT88 3250 0716 4420 8379**
BIC/SWIFT: **REVOLT21**
Reference: **Anima Integra Retreat**

What's Included

- Accommodation in **shared twin rooms**.
- 3 nourishing **vegetarian meals** per day.
- All scheduled **activities and workshops**.
- All **materials** (yoga mats & blocks, stationery, etc.)

What's Not Included

- **Travel** to and from the retreat location (but we'll share all the info you need to get there smoothly!)
- Travel and medical **insurance**.
- Personal **extras and expenses**.

Health & Wellbeing

Your wellbeing matters to us. If you have any **health conditions, allergies or dietary needs**, please let us know in advance so we can support you in the best possible way.

Some activities, such as yoga or breathwork, involve physical movement and may not be suitable for certain medical conditions. We kindly ask you to **share any relevant information before booking**. In some cases, the retreat may not be the best fit — and that's okay. We want

this to be a safe and supportive experience for everyone.

All activities are optional. You are always invited to listen to your body and participate in the way that feels right for you.

To support the soul-cleansing nature of the retreat, **we will refrain from serving coffee and alcohol**. We lovingly invite you to consider taking a **break from smoking** too, if that feels doable for you.

Community Guidelines

We are here to co-create a kind, inclusive and supportive space. To help make that happen, we kindly ask everyone to:

- **Respect** one another and hold space with compassion, **not judgment**.
- Honor the rhythm of the retreat and show up with **presence**.
- Keep what's shared in the group **confidential**, so everyone feels safe to open up.

Soul healing can bring up unexpected emotions or tensions. Whatever arises, we invite you to **welcome it without judgment**.

We encourage you to **keep your free time gentle**. Rest, reflect, journal, or simply be. Give yourself the space to truly integrate.

Cancellation Policy

We totally get it — sometimes plans change. Here's **how cancellations work**:

- **More than 90 days** before the retreat: full refund, minus the €500 deposit.
- **Between 90 and 45 days** before: 50% refund of the total cost.
- **Less than 45 days before**: unfortunately, no refund is possible.

If we ever need to cancel the retreat (very unlikely!), you'll receive a full refund of everything you've paid us. However, please note that **we cannot reimburse additional costs such as flights or travel arrangements**, so we recommend getting travel insurance just in case.

Privacy Policy

We respect and value your privacy. Any personal information shared with us — including contact details and health information — will be used **solely for organizational purposes** related to the Anima Integra Retreat. Your data will be stored securely, **treated confidentially** and never shared with third parties.

You can request access to, correction of, or deletion

of your data at any time by contacting us.

Photos and videos may be taken during the retreat to capture the spirit of the experience. These may be used for **promotional purposes** on our channels, but participation in any recording is entirely **optional** and will always follow the **preferences** you express in the form.

A Little About You

Please fill in the following details:

Full Name _____

Date of Birth _____

Email Address _____

Phone Number _____

Do you have any allergies, intolerances, or special needs we should know about? (Please specify)

Consent for Use of Photos & Videos:

- ☐ I authorize the use of photos and videos where I may appear.
- ☐ I do NOT authorize the use of photos and videos where I appear.

Privacy Consent:

- ☐ I agree to the collection and use of my personal data for organizational purposes related to the Anima Integra Retreat, in accordance with the privacy policy provided.

If everything feels good to you, just pop your signature below and **send these last two pages back to us via email or WhatsApp.**

We can't wait to welcome you and begin this beautiful journey together. Thank you!

Anima Integra Team

Sign here _____

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THANK YOU!

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