



# 5 chairs, 5 choices in 5 days.

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TRANSFORMATIONAL RETREAT  
IN TUSCANY  
AT VILLA POGGIO DI GAVILLE

From 7th to 13th October 2018





*Are you overwhelmed with the hectic  
pace of work & life?*

Ask **YOURSELF**

5 Chairs 5 Days is  
the retreat for you.

It invites you to stop, step back and examine  
the choices you're making and ask is this really  
the way I want to lead my life

It's a chance to transform old  
debilitating habits into new powerful and  
energizing behaviours. A chance to take back  
control of your own life.

Engaging In Powerful DIALOGUE with life.

*Are you ready to lead your life and  
work in a new way?*



## **5 CHAIRS 5 CHOICES IN 5 DAYS**

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**7-13 OCTOBER 2018**

By attending this Retreat you will:



Have an opportunity to disconnect with the hectic pace of life and reconnect with yourself



Learn a new way to communicate that will powerfully transform your relationships



Rejuvenate through spending time in nature with self-reflection



Meet like-minded individuals who are on a path of self-discovery



Enjoy the beautiful Tuscan landscape, food and wine.



*Choose your destiny  
in every moment.*

## 5 Chairs, 5 Choices in 5 Days

Real transformation requires four elements:

***Intention*** a desire to want to grow and make a difference in our lives

***Attention*** the energy and focus to make our intentions happen

***Time*** away from the pressures and tension of everyday life

***Space*** a safe, welcoming place to self-reflect with deep care

## *The Challenge*

Life is made up of behaviours and conversations and the quality of the behaviours we bring into the world and the conversations we hold everyday impact the way we live, love, work, lead, parent and relate. But just how conscious are we of the way we lead our conversations? How aware are we of the impact our words have on others? How often do we truly examine the type of thoughts we entertain as we communicate with one another?



## Why 5 Chairs?

This powerful approach created by Louise and inspired by the teachings of Marshall Rosenberg of Nonviolent Communication, Thich Nhat Hahn and Eckhart Tolle uses 5 Chairs as a metaphor. Each chair represents a different viewpoint on the world, a different way to respond to life's challenges. From each chair we experience different thoughts, behaviours, attitudes and energy which have a profound impact on the choices we make in every moment.

During the retreat we will explore each chair in depth and examine what choices emerge from the viewpoint. As we move from chair 1 to chair 5 we experience a powerful shift from:



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Judgement = Empathy



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Resistance = Acceptance



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Victim = Warrior



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Semi-sleep = Full Awareness



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Estrangement = Deep connection

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**5 Chairs, 5 Choices in 5 Days**  
A Transformational Retreat  
in Tuscany at  
Villa Poggio Di Gaville.

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# Special Moments

During the 5 days you will have the opportunity to experience the real essence of the Tuscan countryside with the following activities:



Tuscan Cooking Class: you'll learn to make 5 course Tuscan meal with Jamal, the International Chef of the Agriturismo.



# Tuscany is love

Visit enchanting Tuscany: Experience the beauty of the Chianti Area by visiting San Gimignano, Siena, Monteriggioni, Montefioralle. Enjoying a wine-tasting experience at a local traditional wine cellar. Savour regional wine extra vergine olive oil, homemade cheese and other typical bio Tuscan products.





## Who we are



### **Louise Evans**

Born in Cambridge, UK-Director/Owner at the 5 Chairs. Behavioural and Leadership coach and facilitator. TEDx speaker. Her desire for constant self-improvement was the driver of her own personal transformation in the presence of some extraordinary teachers, such as Thich Nhat Hahn, Eckhart Tolle of The Power of Now and, Marshall Rosenberg, the founder of Non-Violent Communication. These spiritual influencers inspired her to bring her own contribution to the world through her book 5 Chairs, 5 Choices, a ten-year project created to help leaders, teams, and staff model behaviours for more inclusive workplaces.



### **Jamal Amin**

Born in Ramallah, Palestine. He has been living in Florence for thirty years. In 2010 He decided to change the course of his life. He left his job in commerce to pursue his dream to become a Chef and to open an “Agriturismo” in Chianti where he could play host, live in close contact with nature and dedicate more time to his passion, cooking. Now, he regularly holds team-building cooking classes as an International Chef. After excellent beginnings at Villa Poggio di Gaville he decided to write his first book, “Living with Taste”.



### **Samira Amin**

Born in Fiesole (Florence), half- German half- Palestinian. Samira started her career as Human Resources Assistant Director for the opening team of Mandarin Oriental Hotel Group, in Milan. Specialized in Global recruitment, has a passion for helping others in enhancing their talent. Passionate about finding a balance between soul and body, influenced by the Hyggie Culture she created the Samar Ritual to start the day in a better way. . She's the co-founder of Caravanstory.



### **Davide Gigli**

Born in Florence, moved to Milan to start his career as HR Consultant for a Job agency. Extremely oriented in helping others he was a volunteer teacher of Italian language for refugees for the past 2 years. He's an expert in Tuscan culture and history and is passionate about the beauty of the territory and organizes tours and excursions. He Loves to play the guitar, write stories and he's the co-founder of Caravanstory.

## Price

The retreat will be held in a beautiful Agriturismo in Tuscany in an idyllic natural setting.

### Dates:

- ◇ Arrival: October Sunday 7th
- ◇ Departure: October Saturday 13th

### Price:

You can choose from the following options.

◇ Option 1: Share a Double room	€2.500
◇ Option 2: Standard Double room for single use	€ 2.750
◇ Option 3: Superior double room for single use	€3.050

### The 3 options include:

- ☆ 6 Nights at the Agriturismo + Breakfast, Lunch & Dinner
- ☆ The 5 Chairs Course
- ☆ 1 cooking class with the International Chef
- ☆ 2 guided Tour visits in the Chianti Area (Wine cellar experience + Wine tasting + tasting typical food products) see details below
- ☆ Morning Samar Ritual
- ☆ Live Guitar concert
- ☆ Go Away Basket gift for all the participants: A bottle of Chianti Wine, a Jar of Gaville Honey, a bottle of Vin Santo + typical Tuscan biscuits, a copy of Louise's Book " 5 Chairs 5 choices" + a copy of Jamal's Cook book " Living with taste".

# Program

## Day 0: Sunday 7th October

- After 3PM \ Arrival time for check-in, orientation and relax
- 7:30 PM \ Welcome Dinner + Presentation of retreat by the Gaville Team

## Day 1: Monday, 8th October

- 08:00 - 08:30 \ Morning Samar booster (Samira)
- 08:30 - 09:15 \ Breakfast
- 09:30 - 12:30 \ The 5 Chairs programme + coffee break (Louise)
- 13:00 - 14:00 \ Light Lunch
- 14:30 - 17:30 \ The 5 Chairs programme + tea break (Louise)
- 18:00 - 19:00 \ Relaxation / Massage / Shiatzu on request
- 19:30 \ 4-course Tuscan dinner prepared by the International chef Jamal Amin



## Day 2: Tuesday, 9th October

- 08:00 - 08:30 \ Vitality and Energy booster Samar workout (Samira)
- 08.30 - 09:15 \ Breakfast
- 09:30 - 12:30 \ The 5 Chairs programme + coffee break (Louise)
- 13:00 - 14.00 \ Detox Lunch
- 14:30 - 16:30 \ The 5 Chairs programme + tea break (Louise)
- 17:00 - 22.00 \ Cooking class team building (Jamal)

## Day 3: Wednesday, 10th October

- 08:00 - 08:30 \ Morning Samar workout ritual (Samira)
- 08.30 - 09:15 \ Breakfast
- 09:30 - 12:30 \ The 5 Chairs programme (Louise)
- 13:00 - 14:00 \ Buffet lunch
- 14:00 - 18:30 \ Discovering the Beauty of the Chianti area + wine & oil tasting (Davide)
- 19:30 \ 4-Course Tuscan dinner prepared by Jamal





#### **Day 4: Thursday, 11th October**

- 08:00 - 08:30 \ Morning Samar workout ritual (Samira)
- 08.30 - 09:15 \ Breakfast
- 09:30 - 12:30 \ The 5 Chairs programme + Horse walking & leading + coffee break (Louise)
- 13:00 - 14.00 \ Lunch
- 14:30 - 17:30 \ The 5 Chairs programme
- 18:00 - 19.00 \ Relax, massage on request
- 19.30 \ 4 courses dinner prepared by Chef Jamal

#### **Day 5: Friday, 12th October**

- 08:00 - 08:30 \ Morning Samar workout ritual (Samira)
- 08.30 - 09:15 \ Breakfast
- 09:30 - 12:30 \ The 5 Chairs programme + coffee break (Louise)
- 13:00 - 14.00 \ Light Lunch
- 14:30 - 18:30 \ Cheese makers in Chianti / Truffle Seekers + truffle tasting (or free-time) (Davide)
- 19.30 \ Last dinner prepared by Chef Jamal
- 21.30 \ Live Guitar and Dance (Davide)

## Villa Poggio di Gaville -5 Chairs, 5 Choices in 5 Days – 7-13 October 2018 Registration Form

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**YES! I'm excited to be a part of this unique retreat!**

I understand that by registering for this unique retreat, I am committed to attending.

I agree to pay 50% deposit of one of the following options by the 30th of June 2018 to reserve my place:

Option 1: Share a Double room:2500€

Option 2: Standard Double room for single use: 2750€

Option 3: Superior double room for single use: 3050€

**If you register and confirm before June 15th you'll get 5% discount.**

Please note: early booking is recommended. There are only 15 places available.

The second 50% of your payment is due by September 10th, 2018.

Please indicate your payment preference:

In order to confirm your booking, we kindly ask you to make the down payment of 50% of the total and send us a confirmation email to [info@villapoggiodigaville.com](mailto:info@villapoggiodigaville.com).

Alternatively, if you prefer, you can send the number and expiry date of your credit card. (we do not accept American Express).

### **For bank details:**

Il Poggio Di Gaville srl

Unicredit Banca di Roma

Reggello-Via Dante Alighieri, 90/92

50066 REGGELLO / FIRENZE

IBAN : IT47P0200838021000401274617

Bic swift: UNCRITM1H55

Please do not hesitate to contact us for further assistance, as we remain at your entire disposal.

Ph: +39 055961955 | M: +39 3358202035 // +393927138144 | [info@villapoggiodigaville.com](mailto:info@villapoggiodigaville.com)

## TERMS AND CONDITIONS

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### Cancellation Policy

Please note that because the workshop is limited to a small number of attendees (15) to allow for a more personable and intimate experience, our cancellation policy is designed to help attendees and us alike work together to deal with unexpected cancellations. For cancellation requests submitted 30 days prior to the workshop start date, 50% of workshop fee will be refunded. We understand that no one books a retreat with the intention of canceling it, but unexpected events do occur, so please consider purchasing travel insurance.

No refunds or credits will be given for failure to attend or failure to complete the retreat for any reason, or for arriving late or leaving early. We reserve the right to cancel the workshop if there is inadequate participant interest, in which case all money paid will be refunded.

For any further questions, please contact us at [info@villapoggiodigaville.com](mailto:info@villapoggiodigaville.com)



[www.villapoggiodigaville.com](http://www.villapoggiodigaville.com)

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