

5 CHAIRS, 5 CHOICES IN 4 DAYS



TRANSFORMATIONAL
RETREAT
IN TUSCANY

23rd-28th April 2019

LOCATION:



ARE YOU OVERWHELMED WITH THE HECTIC PACE OF WORK & LIFE?

**5 CHAIRS IN 4 DAYS IS THE RETREAT
FOR YOU**

Immerse yourself in the timeless landscape of Chianti at Villa Poggio di Gaville set in idyllic surroundings of vineyards and olive groves in the heart of Tuscany, close to Florence, Siena and San Gimignano.

This retreat 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?**



WHY 5 CHAIRS?

5 chairs, 5 choices in 4 days

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:



Judgement = Empathy



Resistance = Acceptance



Victim = Warrior



Semi-sleep = Full Awareness



Estrangement = Deep connection

THE STORY

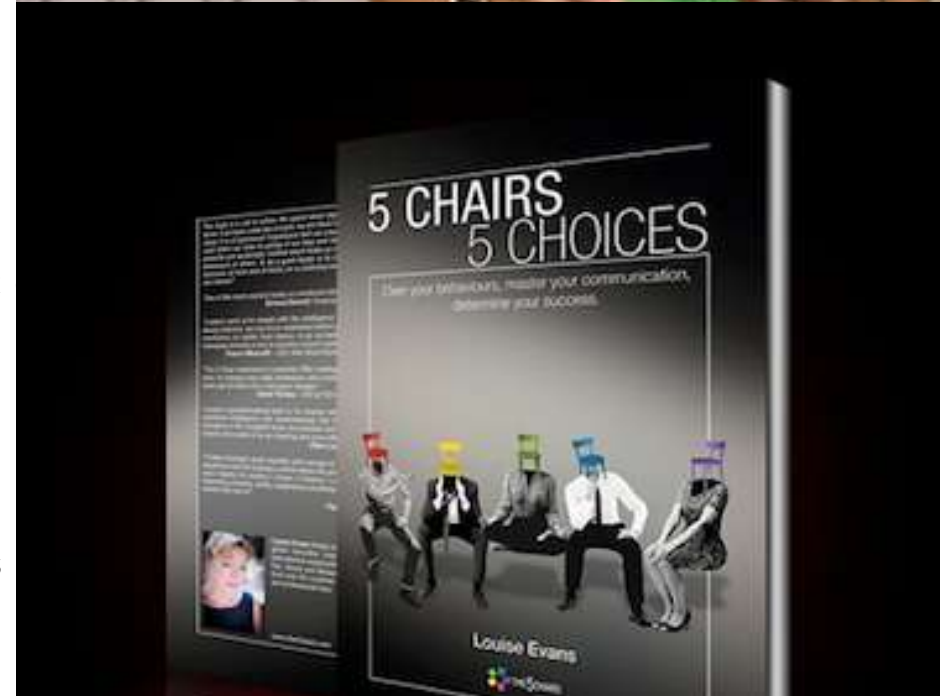
Louise Evans

Born in Cambridge, UK.
Director/Owner at the 5 Chairs based in Florence, Italy.
Behavioural and Leadership coach and facilitator, author and
TEDx speaker. (have a look to her TED Talk [CLICK HERE](#))

In 1996, Louise made helping people change their behaviors her life's goal. Four years later, she launched The 5 Chairs approach. She's also published a bestselling book, '5 Chairs 5 Choices'.

The 5 Chairs is driven by Louise's desire to help people realize their full potential personally, spiritually and professionally. "Every moment our waking hours, we're all choosing what behaviors we bring into the world," she says. "Our choices impact the quality our conversations, relationships and lives. So it's vital we become more conscious about our behaviors."

So far, her company has delivered programs to over 10,000 employees for international clients including Glaxo, Fiat, General Electrics, Bundesbank, Roche, Gucci and Honeywell.





5 CHAIRS 5 CHOICES IN 4 DAYS

23-28th of April 2019

By attending this Retreat you will:

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

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 4 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?



SPECIAL MOMENTS

During the 4 days you'll have the opportunity to experience some activities surrounded by the Tuscan nature:

Culinary Workshop

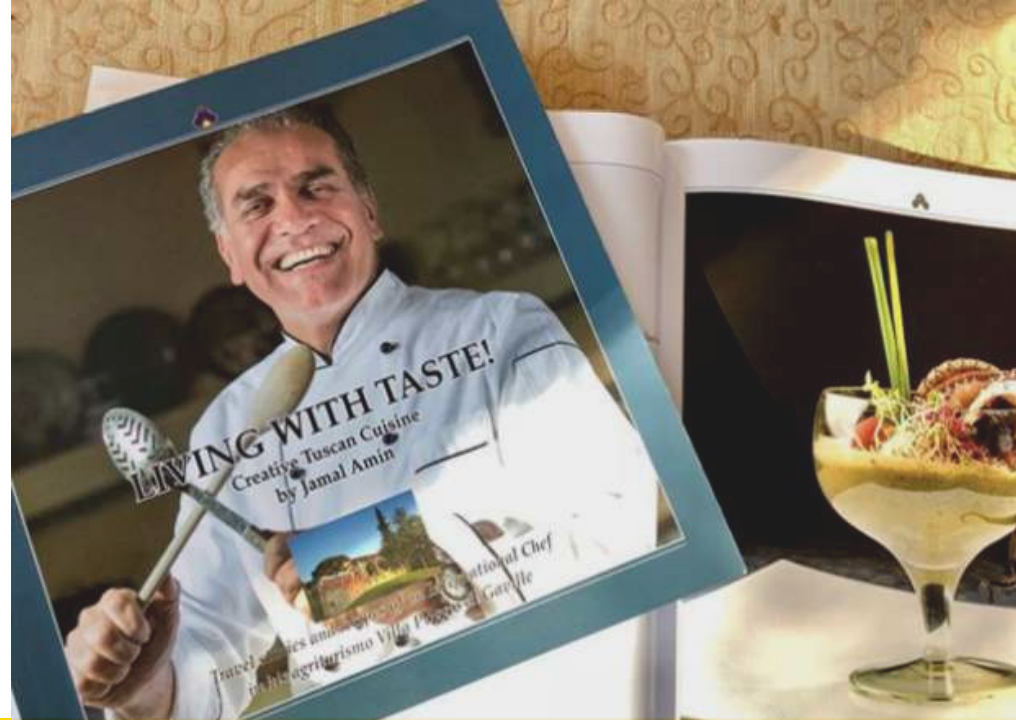
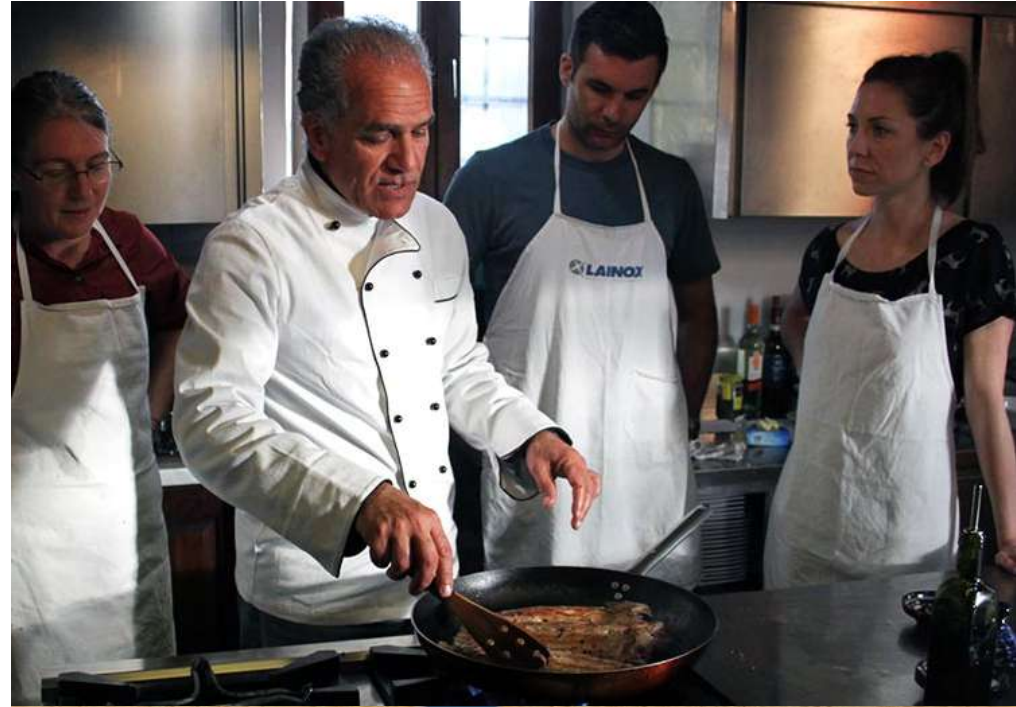
The International Chef of the Agriturismo will cook for you every day during your stay and will hold a Culinary Team building workshop where you'll learn to make a 5 - course Tuscan meal.

The chef 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.

After excellent beginnings at Villa Poggio di Gaville he decided to write his first book, "Living with Taste".



SPECIAL MOMENTS

Morning energy Ritual

Before you start your training you'll have the opportunity to join the morning ritual class which will give you incredible benefits, such as:

Increased Physical Energy

Better Mental Awareness

Greater Self-Discipline

The right energy to start your day!

Held by Samira Amin:

Born in Fiesole (Florence), half- German half- Palestinian. Samira started her career as Human Resources Assistant Director at The Mandarin Oriental Hotel, Milan. Specialized in Global recruitment, she has a passion for helping others in enhancing their talent. Inspired to find a balance between soul and body, she created the Samar Ritual to start the day in a better way - a soft blend between Buti Yoga and Afro Dance.





PROGRAM DAY 1

Arrival Tuesday 23rd of April

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

Day 1: Wednesday 24th of April

08:00 - 08:30 Morning Samar ritual

08:30 - 09:15 Breakfast

09:30 - 12:30 The 5 Chairs programme + coffee break

13:00 - 14:00 Lunch

14:00 - 14:30 Relax

14:30 - 17:30 The 5 Chairs programme + tea break

18:00 - 19:00 Relaxation (massage on request)

19:30 - 4-course Tuscan dinner prepared by the International Chef Jamal Amin



Day 2

Thursday, 25th of April

08:00 - 08:30 Morning Samar booster

08:30 - 09:15 Breakfast

09:30 - 12:30 The 5 Chairs programme + coffee break

13:00 - 14:00 Lunch

14:00 - 14:30 Relax

14:30 - 17:30 The 5 Chairs programme + tea break

18:00 - 19:00 Relaxation (Massage on request)

19:30 - 4-course Tuscan dinner prepared by the
International chef Jamal Amin

Day 3

Friday 26th of April

08:00 - 08:30 Morning Samar booster

08:30 - 09:15 Breakfast

09:30 - 12:30 The 5 Chairs programme
+ coffee break

13:00 - 14:00 Lunch

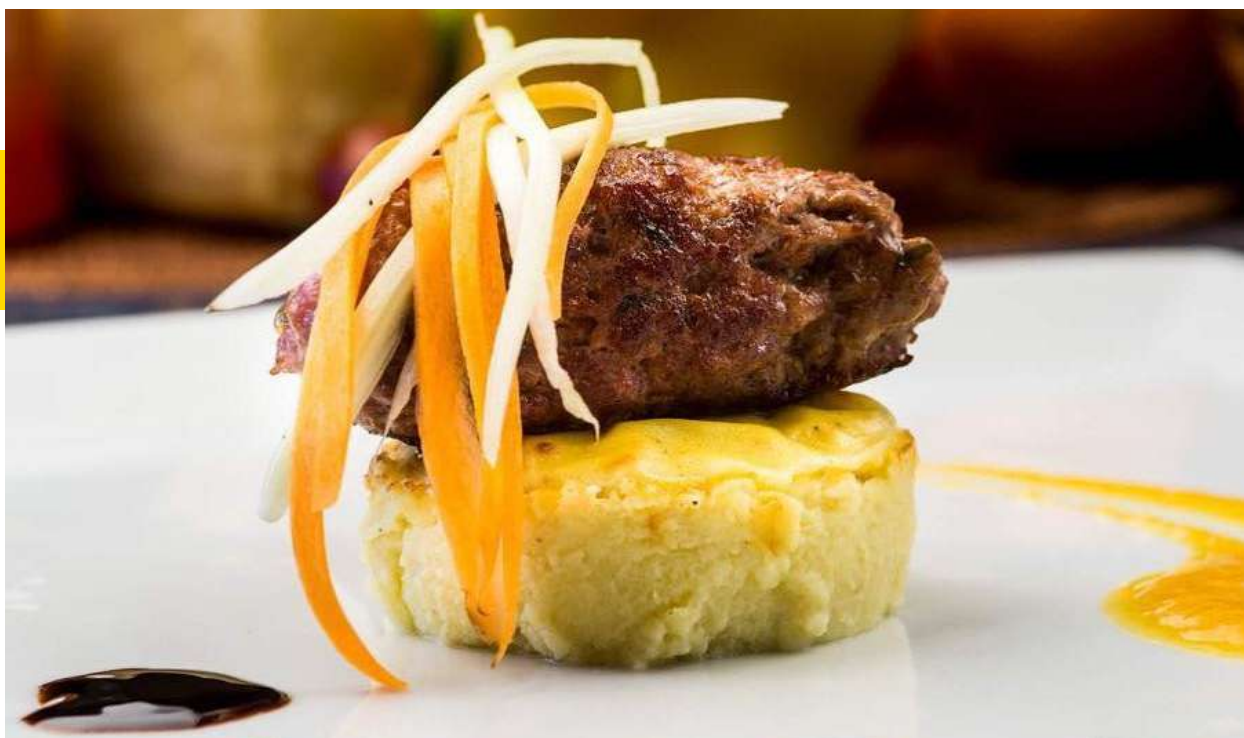
14:00 - 14:30 Relax

14:30 - 17:00 The 5 Chairs programme + tea break

17:00 - 17:30 Relax

17:30 - 19:00 Culinary Workshop held by the chef

19:30 - 4 - course Tuscan dinner



Day 4

Saturday, 27th of April

08:00 - 08:30 Morning Samar booster

08:30 - 09:15 Breakfast

09:30 - 12:30 The 5 Chairs programme
+ coffee break

13:00 - 14:00 Lunch

14:00 - 14:30 Relax

14:30 - 17:30 The 5 Chairs programme + tea break

18:00 - 19:30 Relaxation

19:30 - 4-course Tuscan dinner prepared by
the International chef Jamal Amin

Sunday, 28th of April

10:30 Check-out

You can spend your free time with our wild horses
practicing **horse watching!**



PRICE & RATES

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

Dates:

Arrival: Tuesday 23rd April Departure Sunday 28th of April 2019

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:

5 Nights at the Agriturismo + Breakfast, Coofe Break, Lunch & Dinner

The 5 Chairs Course + certificate of attendance of the 5 chairs academy

1 cooking class with the International Chef + certificate of completion

Every day Energy Samar Ritual

Give away basket: 1 jar of honey and one bottle of Chianti classico

a copy of Louise's Book " 5 Chairs 5 choices"+ a copy of Jamal's Cook book " Living with taste"

5 Chairs, 5 choices in 4 days 23-28 April 2019

YES! I'm in and excited to be a part of this unique experience!

I understand that by registering for this unique event, I am committed to attending. I agree to pay the ½ deposit (option to choose from the presentation attached) due by 1st of March 2019 to reserve my place. The second ½ of my payment is due by at the end of the retreat

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€

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 email after.
Alternatively, if you prefer, you can send the number and expire date of your credit card. (except 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

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TERMS AND CONDITIONS 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.

TO BOOK YOUR STAY [CLICK HERE](#) and look under Events

Please contact us at info@villapoggiodigaville.com

For more Info:

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to have a look at the comments of the
previous retreat!

[CLICK HERE](#)



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