

Florence Boutique Retreat

WITH AUTHOR & COACH, STACEY ROBBINS

**FLORENCE, ITALY
NOVEMBER 7-14, 2026**



Time
for

Celebrating

YOU!



Welcome!

YOUR RETREAT BEGINS THE MOMENT YOU SAY
"YES"

**Are you ready to be CELEBRATED for who you are
AND experience the JOY of life even more?**

That's what I'm all about and what our upcoming retreat in Florence is designed to be for you! It has already started -- your heart is stirring and preparing right now.

Every retreat has a strong intention that your presence has co-created with me.

This retreat is about you **receiving and experiencing** being CELEBRATED for who you are. Why? Because as I was walking the Camino for 40 days this past Fall, I got two clear messages about our Florence retreat:

- 1. That you always show up for others.** You plan their birthdays and bat mitzvahs and baby showers... but now it's YOUR turn to have someone throw YOU a beautiful retreat AND a birthday party. Yup – we're celebrating your birthday with gifts and cake and JOY! ***Receiving is an important part of healing and celebrating is an important part of life.***
- 2. This is a year of Jubilee!** I don't know why I heard that from my spiritual listening, but that's what came to me and I knew I was supposed to make it easy for you to say, "YES!" to YOU this year with a price that I don't normally do. So, since I turned 57 last November, I priced the retreat at \$5700 for a shared room (yes, we have some privates available for an extra fee, first come, first served.)

I'm beyond THRILLED to share the heart of Florence and truly 'be' in the wonder and energy that is the city of rebirth! And just like there are hidden treasures in Florence at every turn, there are those life-changing encounters and magical moments that could never be written into the schedule.

I can't wait for you to join me on this magical adventure. Bella Italia is waiting for you!

If you have any questions, please contact our team at any time.

Stacey



(Girl)Friends, Food & Fun in Fabulous Florence!

A Celebration of YOU & the Joy of Life

November 7–14, 2026 · Florence, Italy · Women Only · Limited spaces available

"Come to Italy. Come home to you."

Dear Beautiful,

There's a version of you that's been waiting.

She's quieter than the version that manages everything and everyone. She has bigger dreams, deeper desires, and things she's been meaning to say — to herself, to the people she loves, to the life she's been putting off until things settle down.

She's been waiting for an invitation.

This is it.

This November, I'm taking 20 extraordinary women to Florence, Italy — not just for a vacation, not just for a tour — but for a week that changes the way they see themselves, their lives, and what's possible.

This is transformative travel. And it's unlike anything you've experienced before.

Why Florence Changes You

Florence isn't just beautiful. Florence is alive in a way that wakes you up.

Walking cobblestone streets through centuries of art and history, eating slowly at tables with new friends who feel like old souls, sitting with your heart open in a piazza as the light turns gold — something shifts. The noise of your regular life softens. And in that quieter space, clarity comes. Courage comes. Truth comes.

Women return from Florence and make decisions they've been circling for years. They speak more honestly. They feel lighter, more joyful, more connected — to themselves, to their partners, to the dreams that live in their hearts.

This week, YOU get to be the one receiving.



Meet Stacey Robbins CHC, ISTP, RYT200

Stacey Robbins is a coach, author, speaker, and retreat leader with 30 years of experience helping people move from surviving to fully, joyfully living.

She's the author of *You're Not Crazy and You're Not Alone* (a beloved guide for those navigating Hashimoto's and chronic illness), and the voice behind years of writing, speaking, and one-on-one transformational work that has touched thousands of lives.

For nearly a decade, Stacey has been leading boutique retreats around the world — weaving together extraordinary travel, nourishing meals, rest, beauty, culture, and coaching that feels like a conversation with your wisest friend. Her retreats have taken women (and couples and solo travelers) to Italy, Japan, Netherlands, Paris, and beyond.

What makes Stacey different isn't just her 30 years of experience — it's the way she holds space. She is warm, funny, deeply intuitive, and absolutely committed to helping every woman in her retreats feel seen, celebrated, and transformed.

She believes that one week in the right environment, with the right guide, can shift more than a year of trying to "figure things out."

"I have devoted my life to helping people come home to themselves. Italy is just the most beautiful place to do it." — Stacey

What We're Doing

HERE'S A LOOK AT OUR ITINERARY



DAY 1

giorno uno

- Transport to residence at around 3 p.m.
- Welcome circle, noshing, and gifts
- Apercena / light supper
- Evening walk for gelato!
- Guided journal
- Sweet sleep

DAY 2

secondo giorno

- Breakfast
- Spa treatments, lunch, and remineralizing
- Afternoon riposa
- Dinner at one of my fave spots!

“Travel reveals who you are – and there’s no better thing than knowing who you are.”

Andrew McCarthy

What We're Doing

HERE'S A LOOK AT OUR ITINERARY

DAY 3

giorno tre

- Breakfast
 - Foodie/Cultural tour of Florence
 - Lunch at Mercato Centrale
 - Rest and Relax Italian Style
 - Pizza and Pasta Night!
-

DAY 4

giorno quattro

- Breakfast
 - Catch the train for our day trip away exploring a wonderful city together with art, food, and fun!
 - Train ride home watching the Italian countryside like you know you do...
 - Sweets, circle time, and sleep
-

DAY 5

giorno cinque

- Breakfast
 - Sashay around the Duomo
 - Free afternoon to shop, eat, explore, and take in one of the best cities in the world!
-



"The experience curated by Stacey and co-created by each of the brilliant, soulful, courageous women in attendance - changed something inside of me. I arrived weighed down, and this experience left me better than it found me. I opened to indescribable beauty - the people / the architecture / the energy / the FOOD. I opened to what life is really about, and the magic that it could be for me again."

Jessi B., North Carolina

What We're Doing

HERE'S A LOOK AT OUR ITINERARY



DAY 6

sesto giorno

- Breakfast
 - Cooking class for the win and feast together on what we've created!
-

DAY 7

giorno sette

- Breakfast
 - FREE DAY for shopping & play and packing to depart
 - BIRTHDAY BASH Dinner together!
 - Final Evening Circle
-

DAY 8

giorno otto

- Breakfast
- Retreat Closing Circle
- Transport to Peretola
- Safe travels home with the dream of Italy in your heart forever

Can't wait to see you on the next retreat!

"Thank you' isn't enough to say. I'm forever indebted. I mean, there's no amount of money, there's no amount of praise or offering you can give to somebody for opening the doors to your dream -- I don't know how you do that -- other than to say, 'I love you.'"

Shelley Jean W., Orlando, Florida

FAQ'S

HERE'S A LOOK AT SOME FREQUENT QUESTIONS



What can I expect during this retreat?

We have curated such a special set of experiences with food, tours, historical sites, classes, playful free times, as well as accommodations that will be a joy to you!

Our approach creates beautiful, authentic, unpretentious, high-quality experiences.

Your retreat is hosted by award-winning author and coach, **Stacey Robbins**.

She is sharing the homeland of her family with you, as a woman born into an Italian family with a history of nobility and leadership throughout the Amalfi Coast.

You will be under her loving, fun, and intentional care throughout the entirety of the retreat. The richness in between and throughout the experiences are Stacey's thought-provoking questions and conversations that she has honed from 30 years of coaching and counseling. Those moments will allow you to tap into your heart, mind, and spirit in a way that transforms lives, while on location in one of the most beautiful places in the world.

How many / who will be on the retreat with me?

We are a boutique retreat and normally have between 5-14 guests per retreat. This retreat is a little different because girlfriends, sisters, and mothers and daughters are pairing up to share in this birthday celebration so we may have a few more. We always trust that it's the perfect amount to get to know ourselves and each other in the most beautiful ways while maintaining balance and connection.

FAQ'S

HERE'S A LOOK AT SOME FREQUENT QUESTIONS

What should I pack?

Think of the Northeast season, and you have an idea of what Florence will be like in Spring and Fall. Some chilly mornings, warm sunshine afternoons or maybe a drizzle here and there, finished off by cool evenings. We will want to be stylishly comfortable. There is no place that is super fancy, but please bring your favorite dress for our birthday celebration! We will be at a spa, so bring your bathing suit and any exercise clothes for a brisk morning walk or yoga, if you'd like. Think layers, comfy shoes, a long sweater, and plan on picking up a gorgeous Italian scarf or two while you're there!

I have specific food intolerances. Will this be accommodated?

Yes! On your inquiry form, you've let me know your allergies and sensitivities. Gluten-free? Dairy-free? Don't drink alcohol? Don't prefer shellfish? No problem at all! For all of our planned events and foodie experiences, you will have what you need to eat in delicious and safe ways.

Is travel included in the price of the retreat?

Your retreat costs cover your transportation to and from the Peretola airport to the residence, your room, all of your breakfasts, five lunches, and six dinners as well as all the wine at each meal. It also includes all of your transportation to and from our planned events, private tours, museum tickets, art experiences, meditation, spa with one treatment, and specialty classes. There will be two free 1/2 days so that you can explore and enjoy extra time on your own.

Not included: Flights to and from the retreat, any missed transportation, travel insurance, and your gelato addiction.

FAQ'S

HERE'S A LOOK AT SOME FREQUENT QUESTIONS

How physically fit do I have to be to go on one of your retreats?

You need to be able to carry / roll your own luggage, walk up and down stairs, walk on cobblestone streets and sidewalks for the tours provided. If we do a group morning movement (some locations don't allow for this) it is for people who want to enjoy accessible, non-stressful stretching, yoga, and walking.

Will I have a private room?

We have two types of sleeping arrangements available for these retreats - shared room (Special Jubilee price \$5700) or a private room at an additional cost. In your shared room, we will pair you with someone fabulous! If you desire a private room, please note that on your application form for an additional \$1500.

What happens if the retreat must be canceled due to a pandemic, government restrictions, or other major unforeseen events?

If the retreat is canceled due to a pandemic or a similar unforeseen global event, payments will be transferred as a credit toward a future retreat led by Stacey. Any other reimbursements or claims are with your travel insurance.

What are your payment and cancellation policies?

There is a \$2500 non-refundable deposit due to secure your space in this retreat. You can pay in full at that time or pay the remaining balance by August 1st. Final payment is due August 1, 2026. If you cancel more than 80 days, 30 percent of your paid balance (separate from the non-refundable deposit) is returned to you.

The retreat funds are 100% non-refundable within 80 days of the retreat. Payments can be made in either bank transfer, check or cash.

FAQ'S

HERE'S A LOOK AT SOME FREQUENT QUESTIONS

What happens if something like a health issue or crisis stops ME from traveling before my tour?

If you need to cancel for any reason within 80 days of the retreat, those matters would be addressed by you with your travel insurance company. You would file your claims with them and seek to retrieve any compensations or returns with them. Outside of the 80 day window, our refund policy applies.

Travel insurance is required for this trip. Where do I acquire this?

First check with your homeowner's insurance and your regular health insurance to see if they carry what you need. Some companies have travel insurance provided for their employees. If not, you can either add it through your carriers or you can acquire insurance through companies like:

- [Allianz.com](https://www.allianz.com)
- [AAA.com](https://www.aaa.com)
- [Travelinsurance.com](https://www.travelinsurance.com)
- [Travelguard.com](https://www.travelguard.com)



FLORENCE RETREATS 2026

WHAT GUESTS LOVE ABOUT OUR RETREATS



"The connections are the best part. Because when I was thinking about what this experience was going to be like, I thought well, of course it's Italy so, I'm going to love it. I love Stacey, I trust her. And I don't have problems making connections with other women, but I thought, 'They're just going to be different from me.'

But the word connection has nothing to do with similarities or differences - it's just about an openness. Feeling this lifelong bond with these other women -- not only because of the shared experience but because of who they are -- and the love and honor that they deserve and that I want to give them and that I feel from all of them. So, it's the best part of the trip... the connections with the other women."

Cathy H., Short Hills, New Jersey



I Can't Wait to Share Beautiful Italy with Beautiful You!

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