

SEROTONIN IN ITALY

A transformative journey designed to rejuvenate your spirit amidst Italy's rich culture and breathtaking landscapes.

TRAVEL DATES

Start to End: Trip departures are carefully timed to align with seasonal highlights, ensuring optimal experiences that connect you with Italy's natural beauty and cultural vibrancy

INCLUSIONS

- **Personalized Journey Assessment:** Tailored analysis to align your retreat with your unique aspirations for transformation and growth.
- **Expert Guide Match:** Pairing with a skilled guide who embodies KTOPIA's values and is dedicated to facilitating your personal journey.
- **Culinary Exploration:** Engage in cooking lessons with Italian chefs, learning to craft authentic dishes using locally sourced ingredients, blending mindfulness and creativity in the kitchen.

Seasonal Activities:

- **Winter:** Luxurious ski experiences in the Dolomites, complemented by cozy evenings and spa treatments.
- **Spring/Summer:** Guided hikes through Tuscany's vineyards
- **Wellness Experiences:** Rejuvenate with world-class spa treatments, thermal baths, and yoga sessions designed to nurture body and soul.
- **Boutique Accommodations:** Stay in luxury villas or boutique hotels nestled in picturesque locales, each chosen for its charm and tranquility.
- **Seamless Travel & Support:** Enjoy comprehensive logistics and guidance to ensure a stress-free experience.
- **Post-Journey Integration:** Engage in 4-6 weeks of continued coaching with your designated guide to anchor your transformation.

INTEGRATION PERIOD

2-4 Weeks of Soulful Integration: Engage in post-trip sessions with your designated guide, designed to help you weave transformative insights into your daily life and continue your growth journey.

EXCLUSIONS

Flights: To and from Italy.

Personal Expenses: Includes travel insurance and any additional activities not specified in the inclusions.

OVERVIEW

Starting at: \$12,500 USD per person.*

Duration: 4-21 days

Experience Type: Tailored for both solo and group travellers seeking authentic connection and growth.

KTOPIA'S COMMITMENT TO YOUR JOURNEY

At KTOPIA, we believe in the power of travel to transform lives. Our mission is to create meaningful experiences that inspire authenticity and encourage you to embrace your true self. Join us in exploring the world while embarking on a journey within.

* Overview, pricing, and inclusions are preliminary and will be thoughtfully tailored. Your final itinerary will outline specific details and personalized journey deliverables for your transformational experience.