TUSCANY

10 — 22 NOVEMBER 2026

HARMONIA

Movement e Lifestyle Experience

EXCLUSIVE INVITE - NON TRANSFERIBLE

TUSCANY,
OFF SEASON.

Four days in the Maremma,
when summer is long gone
and the countryside changes pace.

COLD MORNINGS.
WARM TABLES.
GOOD PEOPLE.

Movement, food and everything
Tuscany does best.

HARMONIA

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THE PRIVATE ESTATE

700 HECTARES. ALL TO OURSELVES.

For four days, **Tenuta I Terzi d'Ombrone** becomes our private home in the Maremma. Surrounded by rolling hills, olive groves and open countryside, the entire estate is reserved exclusively for our group.

PRIVATE ESTATE
PRIVATE CHEF
DAILY HOUSEKEEPING
MASSAGE THERAPIST

You arrive.
We take care of the rest.

HARMONIA



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WE MOVE DIFFERENTLY HERE.

Movement is part of the experience, without becoming the whole experience.

FUNCTIONAL TRAINING
MOBILITY
ELECTRIC BIKE RIDES
RECOVERY

From training at the estate
to exploring the Maremma on two wheels.

MOVE. RIDE. RECOVER.

HARMONIA

NOVEMBER IS WHEN IT GETS INTERESTING.

This is Tuscany beyond summer.

Truffle hunting in the woods.
Horse riding through the countryside.
The olive harvest in full swing.

Days shaped by what's happening in the Maremma at that exact moment.

TUSCANY, OFF SEASON.
JUST HOW WE LIKE IT.

HARMONIA



HARMONIA



MADE HERE.
EATEN TOGETHER.

Our private chef is with us
throughout the entire four-day stay.

Breakfast after movement.
Seasonal lunches.
Fresh pasta made from scratch.
New olive oil and local wine.
Long dinners around one table.

FRESH. SEASONAL. TUSCAN.

NO DETOX MENU.
JUST REALLY GOOD FOOD.

HARMONIA



RECOVERY, WHENEVER YOU NEED IT.

Our private massage therapist
will be on-site throughout the stay,
with treatments available directly at the estate.
No travelling somewhere.

No planning your day around it.
Book your time, switch off
and walk straight back to your room.

MASSAGE. RECOVER. DO NOTHING FOR A WHILE.

HARMONIA

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WARM WATER
COLD NOVEMBER AIR.

A day trip to Saturnia,
home to some of Italy's most famous
thermal waters.

No planning your day around it.
Book your time, switch off
and walk straight back to your room.

MASSAGE. RECOVER.
DO NOTHING FOR A WHILE.

HARMONIA

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COME ALONE.
OR DON’T.

A small international community
coming together from different cities,
countries and backgrounds.

Four days sharing the same estate,
the same table and the same experiences.

Some arrive with friends.
Many arrive alone.

ONE ESTATE - ONE TABLE - ONE COMMUNITY.

DIFFERENT BACKGROUNDS.
SAME ENERGY.

HARMONIA

AS PART OF THE EXPERIENCE

€ 1.850

INCLUDED

- 4 days, 3 nights private luxury acoomodation (double occupancy)
- Daily breakfast, lunch and dinner served by a private chef
- Daily movement sessions
- Guided electric bike tour
- Pasta-making experience
- Wine & olive oil experiences
- Daily housekeeping
- Harmonia welcome gift
- Harmonia host support throughout your stay

EXCLUDED

- Transfer to the estate
- Day trip to Saturnia
- Truffle hunting + lunch
- Horse riding
- Hunting experience
- Private massage treatments
- Alcoholic beverage

Optional experiences are subject to availability and weather conditions.

HARMONIA



HOW TO GET THERE

IN THE HEART OF THE MAREMMA

BY CAR
FROM MILAN
Approx. 4 hours

FROM ROME
Approx. 2.5 hours drive directly to the estate and we'll take it from there.

PRIVATE TRANSFER
Private transfers can be arranged directly to the estate. Approx. €150 — €250 each way, depending on departure point and vehicle.

BY TRAIN
Train to Florence, followed by a transfer towards Grosseto / the estate. Our team can help coordinate the easiest route for each guest.



FOUR DAYS. EVERYTHING TAKEN CARE OF.

TUSCANY

19 — 22 NOVEMBER

MOVEMENT & LIFESTYLE EXPERIENCE.

€1.850

ALL INCLUSIVE

PRICING & BOOKING : **€1850 per person**

To secure your spot, a non-refundable 30% deposit is required upon booking (555€).

The remaining balance can be settled according to the payment schedule provided upon confirmation.

NAME : HARMONIA DI BEATRICE ZACCARDI
IBAN : IT19U0326801603052732356010
PAYMENT REASON : RETREAT TOSCANA

Limited places.

HARMONIA