



**WOMEN OF THE MIDWEST**  
Travel Solo Together

# GROUNDED ITALY VILLA DESTINO

with Women of the Midwest

**October 17-25, 2025**



Dear Women of the Midwest,

In Italy, wellness isn't just a practice—it's a way of life, woven seamlessly into everyday moments and cultural traditions. From a deep connection to nature to the importance of slowing down and savoring life, Italians embrace rituals that promote balance, joy, and presence. You'll experience this spirit throughout our journey to the heart of Umbria.

One beautiful example is the passeggiata—a cherished tradition of taking a leisurely evening stroll, often before dinner. It's a time to unwind, connect with others, and enjoy the simple pleasure of being outdoors. You'll see locals gathering in the town squares, families walking arm in arm, and friends pausing to chat as the sun sets. It's a gentle yet powerful wellness ritual that speaks to the soul.

Thermal baths, mindful eating, and strong bonds with family, friends, and community are other key elements of Italian well-being. While mindful eating can be a challenge amidst Italy's irresistible culinary delights, we'll do our best to find balance—honoring the joy of food while staying connected to how it makes us feel.

This retreat is designed to nourish you—body, mind, and spirit. You'll learn accessible, grounding techniques to help manage stress, reconnect with what matters, and bring more ease into your everyday life. Whether it's a breath work session on the terrace, a mindful walk through a vineyard, or simply a quiet moment with a cappuccino and your journal, each day offers new opportunities for restoration and inspiration.

And let's not forget the fun! This journey is also about laughter, connection, and adventure. From sipping wine under the stars to exploring vibrant hilltop towns, shopping for artisan ceramics, and indulging in private chef-prepared meals, you'll enjoy the very best of Italian hospitality and elegance—with a wellness twist.

I am so honored to guide you on this unforgettable experience. You've taken the time to prioritize yourself—and now it's time to relax, recharge, and rediscover the joy that comes from truly living in the moment.

With warmth and anticipation,  
Denise Welmaker, LCSW  
Program Director, Grounded Journeys



Call Executive Travel's Group Department today at 888.549.1186. Space is limited.

## The Eternal City



## Local, Rustic Meals



## Deruta Ceramics



## Florence... Forever



### Our goals for Grounded are to learn tools to:

- Become Grounded in wellness, goodness, happiness, and joyfulness.
- Learn the importance of our five senses in our daily lives.
- Enhance physical relaxation, mindfulness, and being present.
- Find purpose in your current situation.
- Create an action plan to incorporate what you have learned.

### Friday - October 17, 2025

Depart the U.S. for an overnight flight to Rome.

### Saturday - October 18, 2025

After an overnight flight from the United States, you arrive in Rome, a little tired but buzzing with anticipation for a week of indulgent wellness and unforgettable experiences. The adventure begins with a breezy golf cart tour through the Eternal City, winding past ancient ruins, vibrant piazzas, and charming cobblestone streets as the early morning sun casts a golden glow over Rome's timeless beauty. Next we will have a filling lunch at a local favorite restaurant before setting off on a scenic 2.5-hour drive through the rolling hills and lush vineyards of the Italian countryside. The landscape gradually unfolds into a postcard-perfect panorama, leading you to the gates of Villa Destino—a secluded haven of luxury, where your week of relaxation, rejuvenation, and indulgence truly begins. You may choose to sit by the pool or head to the hot tub. This evening while you sip a glass of local wine or sparkly water and munch on a piece of local pizza. Denise will introduce you to the concept of Grounded and lay out the plans for the incredible week ahead. **B(in-flight)/L/D**

### Sunday - October 19, 2025

Today starts with a Grounded session. Prepare to discuss your favorite scents, sounds, tastes and more. Tuning into your senses—whether it's savoring a delicious meal, feeling the warmth of the sun, or listening to birdsong—grounds you in the present moment and can significantly boost your happiness and well-being. This is the beginning of a serene day! After an exciting first day of travel and exploring the wonders of Rome, today invites you to unwind and recharge in the comfort and luxury of our stunning countryside villa. Surrounded by rolling hills and olive groves, the villa offers a perfect blend of rustic charm and refined elegance—from its sun-drenched terraces to cozy sitting areas and elegantly appointed rooms.

Spend a leisurely morning lounging by the sparkling pool with a good book, sipping a glass of local wine, or simply soaking in the tranquil ambiance. If you're in the mood for a short adventure, Denise is available to take you on relaxed outings within a few miles of the villa—perhaps to a quaint nearby village, a scenic overlook, or a charming local café. As the day winds down, you'll be treated to a delicious dinner prepared just for you by our personal chef, who will craft an unforgettable meal using the fresh ingredients, served "al fresco" or in the villa's intimate dining room. **B/D**

### Monday - October 20, 2025

After a leisurely breakfast at the villa, your day begins with a serene and centering Grounded session led by Denise, designed to align your mind and body in the peaceful surroundings of the Italian countryside. Following some time to relax and soak in the tranquility, we'll head to the charming hilltop town of Deruta, renowned for its centuries-old tradition of hand-painted ceramics. Stroll through artisan studios, watch the masters at work, and shop for beautiful, one-of-a-kind pottery pieces to take home. Enjoy lunch at your own pace at one of Deruta's inviting local restaurants, where authentic Umbrian flavors await. We'll return to the villa in the late afternoon for some free time to relax by the pool. This evening you'll have the option of snacking at the villa or heading up to Montone with Denise for dinner on your own. Denise will lead a brief evening meditation. **B**

### Tuesday - October 21, 2025

After a delightful breakfast at Villa Destino, we'll embark on a full-day adventure to the magnificent city of Florence—widely regarded as the cradle of the Renaissance and one of Italy's most captivating cultural treasures. Upon arrival, you'll step into history with a guided golf cart tour through Florence's enchanting historic center. Glide through narrow cobblestone streets and elegant piazzas in comfort and style, as your local guide brings the city's rich past to life—from the powerful Medici dynasty to the enduring genius of Michelangelo, Botticelli, and Leonardo da Vinci.

Take in iconic sights like the awe-inspiring Duomo, crowned by Brunelleschi's masterful dome, and pass by the famed Uffizi Gallery, home to some of the world's greatest masterpieces. The tour offers a perfect balance of insight and ease, letting you soak in the grandeur of Florence without feeling rushed. Afterward,



Sip... and Relax

Beautiful Assisi

Hands-on Cooking

Ciao Italy!



enjoy free time to wander, shop at local boutiques and artisan studios, or savor a leisurely lunch at one of Florence's stylish cafés or sun-drenched terraces. Before we head back to the villa, you'll have time to grab a quick bite for dinner or pick up something delicious to enjoy later. Whether you're drawn to art, fashion, or simply the joy of discovering beauty at every turn, this day is a celebration of "La Dolce Vita" before we return to the peaceful embrace of Villa Destino for a serene evening under the stars. **B**

### Wednesday - October 22, 2025

After days of exploring we invite you to enjoy breakfast and fully embrace a slower rhythm with a luxurious day of leisure at Villa Destino. The morning begins with a heart-centered wellness session led by Denise, focused on the power of community, meaningful connection, and the deep nourishment that comes from shared experiences. Through gentle movement, reflection, and open conversation, we'll explore how cultivating supportive relationships can enrich not only our wellness journeys but every area of our lives. After the session, the rest of the day is yours to savor. Lounge by the sparkling pool, soak in the hot tub, or find a quiet corner with a good book and nothing but birdsong and sunshine to keep you company. For those who wish to explore, Denise will be available to take you places within a few miles of the villa today where you may enjoy a cappuccino at a local cafe, browse a charming boutique or dine at your leisure for lunch. As the sun begins to set over the rolling Umbrian hills the villa transforms into a haven of effortless luxury. Your private chef, a master of Italian cuisine, begins to craft an unforgettable dinner using the freshest local ingredients—vegetables, and artisanal cheeses, paired with perfectly prepared seasonal specialties. This is more than a meal—it's an experience of pure indulgence. Whether you spend your time in solitude, in conversation, or a bit of both, this restorative day is all about honoring your own pace, your joy, and the beauty of simply being. **B/D**

### Thursday - October 23, 2025

After a relaxing breakfast at the villa, we'll set out on an excursion to the serene and spiritual town of Assisi—one of Italy's most treasured UNESCO World Heritage sites. Nestled on the slopes of Mount Subasio, Assisi is best known as the birthplace of St. Francis, the patron saint of animals and the environment, and a timeless symbol of peace and humility. As we explore its beautifully preserved medieval streets, you'll visit the magnificent Basilica of St. Francis, adorned with breathtaking frescoes by Giotto and other Renaissance

masters. You can enjoy lunch on your own in one of the villages lovely cafes. The town's peaceful energy, sweeping views of the Umbrian valley, and deep sense of history make this a truly enriching experience. After returning to the villa in the afternoon for some time to unwind, we'll gather in the evening for a girls night in at the villa, where we roll up our sleeves, pour a glass of wine, and dive into the art of charcuterie board making. Set against the cozy charm of our Umbrian home, this night is all about creativity, laughter, and connection. With an array of local cheeses, cured meats, fresh fruits, nuts, and olives to choose from, you'll craft your own beautiful, personalized board—part culinary expression, part edible art. As music plays and conversation flows, Denise weaves in a lighthearted Grounded moments, inviting us to explore how food, creativity, and gathering can bring us back to the present. It's equal parts delicious, playful, and soulful—a perfect recipe for meaningful fun with new friends.

**B/D**

### Friday - October 24, 2025

Our final day in Umbria is all about enjoying the magic we've found here. We'll start with breakfast at the villa, followed by a light Grounded session with Denise, where we'll touch on what we've learned and how to carry it home. Then it's time for fun—lunch and wine tasting at a beautiful local winery, followed by a relaxing afternoon by the pool. Tonight, we'll roll up our sleeves for a hands-on cooking lesson with our private chef, ending the day with a delicious, laughter-filled farewell dinner we've created together. Tomorrow, we say arrivederci to this remarkable journey, hearts full and spirits grounded. **B/L/C/T**

### Saturday - October 25, 2025

From the soul-stirring Grounded sessions with Denise to the breathtaking experiences in Rome, Deruta, Florence, and Assisi, every moment has been rich with discovery, laughter, and meaning. We've tasted the beauty of Italy—in its landscapes, food, culture, and in each other's company. As we part ways, we carry not only souvenirs, but a deeper sense of presence and connection. The memories made here will stay with us, inspiring joy, mindfulness, and a renewed sense of self long after we return home. **B/In-Flight Meals**

*Itinerary is subject to change.*

B = Breakfast   L = Lunch   D = Dinner  
C = Cooking Class   T = Tasting



## To register contact:



1212 O Street • Lincoln, NE 68508

Phone: 888.549.1186

GroupDepartment@executivetravel.com

www.executivetravel.com

### SECURE ONLINE REGISTRATION LINK:

Via our website [www.WomenoftheMidwest.com/journeys](http://www.WomenoftheMidwest.com/journeys)

### Package Price:

Per person in a shared double room: \$4,995.00

Per person in a single room: \$5,995.00

\*If you would like to share a room with a friend or relative please note you will be sharing a king size bed. No queen or double bedded rooms are available at Villa Destino. Pictures of the rooms are available on the website [here](#).

A non-refundable deposit of \$500 per person is required upon signing up. Deposit can be paid by cash, check, or credit card. The balance is due on June 19, 2025, is non-refundable, and can be paid by cash or check. Credit card payment (any payments after the deposit) will access a 3.5% processing fee.

*The tour will be materialized with a minimum of 4 travelers and a maximum of 6 travelers. Should we, for any reason, not be able to guarantee this departure, we will offer a refund of all funds paid to Executive Travel for land, air and travel insurance 60 days prior to departure.*

### Tour Activity Level: LEVEL 1 2 3 4

This journey is a soft level 3. Between the scheduled sightseeing tours included in the program and personal exploration, you can expect to walk approximately 3 miles or more over the course of a day typically on pavements. This tour is not recommended for guests with walking difficulties. Comfortable, sturdy shoes are recommended.

### Group airfare:

Airfare is not included in the package price. Round-trip airfare will be from your origin city to Rome. A quote will be provided when the tour is guaranteed.

### Travel Insurance:

We recommend travel insurance to help protect you and your trip investment against the unexpected. For your convenience, we offer a plan provided by Travelex Insurance Services. For rates and plan highlights, please ask us.

Travelex Insurance Services, Inc. CA Agency License #0D10209. Insurance coverages underwritten by individual member companies of Zurich in North America, including Zurich American Insurance Company (NAIC #16535, state of domicile: New York), 1299 Zurich Way, Schaumburg, IL 60196.

### Included:

- 7 night stay at Villa Destino in Montone, Italy
- 7 x breakfasts
- 2 x lunch
- 4 x dinner
- 1 x hands-on cooking class
- 1 x wine tasting
- Luxury accommodations at Villa Destino (rooms and bedding vary as in any home)
- Professional Program Leader - Denise Welmaker, LCSW
- Daily sessions with Professional Program Leader
- Individual sessions with Professional Program Leader
- Portage at airport and Villa Destino
- Travel Documents electronic and hardcopy

\*Travelers are not required to join the group each day. However, if you choose not to participate, please notify Denise in advance.

### Not Included:

- Airfare (quote will be available upon tour guarantee)
- Airline baggage fees
- Travel Insurance
- Suggested gratuities: Motorcoach Driver - \$4 - \$7 per person per day, Any step on guide - \$2 - \$4 per person. Amounts should always reflect the quality of the service received.
- Professional fee \$75 per person due at time of registration.
- Personal Expenses
- Entrance fees to monuments or museums other than mentioned
- Anything not mentioned in the inclusions



**WOMEN OF THE MIDWEST**  
Travel Solo Together

A wholly-owned division of Executive Travel Inc.

Forwarding registration and deposit signifies that you agree to the terms and conditions of this tour which can be found on our website at [WomenoftheMidwest.com/journeys/](http://WomenoftheMidwest.com/journeys/)

Call Executive Travel's Group Department today at 888.549.1186. Space is limited.

7/9/2025