

Full details about the location, venue, travel, and practical logistics for the **Healing Spirits of the Four Directions Retreat**, taking place July 27–31, 2026.

Accommodation check-in 26th July (time TBC) with check out August 1st.

The Venue: Eliantemo

The location is Umbria, and it is energetically superb for our time together. The owner's mother, who passed away a few years ago, was a Reiki Master who regularly held energy-healing retreats there.

From the description of the place:

"The name of this centre is ELLIANTEMO. It's a wild flower that grows in the area and which — in Bach's healing Flowers system — has the property to help the individual to re-join within oneself the human personality and the divine soul. The energy of the place, also fuelled by our choices and the practice of our lives, is particularly favourable to regain contact with oneself and regenerate deeply. Our guests are constantly giving us this kind of feedback."

The property has 20 beds across 7 rooms. Depending on the final numbers, some room sharing may be needed. I'll explain how we'll do this as we get closer to the time.

In the kitchen, there is a device that purifies the aqueduct water — eliminating toxic substances and limestone while leaving mineral salts intact at a pH of 7.5–8. You will not need to buy water from a supermarket and can also use this water for food preparation, coffee, and tea.

The property has a fully equipped kitchen. I will share guidance on food shopping, meals and their preparation, also closer to the time.

Just 2 km away (a 30-minute walk, though uphill on the return!), you will find drugstores, grocery shops, a supermarket, clothing shops, a chemist, restaurants, bars, pizzerias, a post office, a bank, and a very good gelateria!

I will not be staying at the venue myself, but I will be joining you each day for the full retreat programme. You will have the beautiful property to yourselves, as a group and individuals (integrated and sovereign), in a unified and supportive field with plenty of space for your individual needs.

Costs

The property costs GBP 603 per person for the week (from the Sunday before to the Saturday after the retreat) — offered at cost price.

If additional participants join before the final payment date, I will review the final payment accordingly.

Payment structure:

- GBP 303 deposit by **31st May** (to secure your place)
- Remaining balance of GBP 300 by **30th June** (amount confirmed once final numbers are known, but full payment must be received by this date to secure your space for July)

Accommodation Deposit

The first accommodation deposit (due 31st May) can be paid via this Wise payment link:

<https://wise.com/pay/r/I-khpa5mUGaJNno>

A separate payment link will be issued once the second instalment amount is finalised. A receipt can be provided if you'd like to claim this as a training expense.

Let me know if you need an alternative payment plan.

Meals: Meals are not included in the accommodation cost. We are in Italy (!!)

with restaurants nearby for dinner, unless you want to cook.

For breakfast and lunch, you will organise yourselves — either individually or as a group. I will share a strategy for this closer to the time, and we can coordinate as needed.

Getting There: Travel to Spoleto

From Rome to Spoleto by Train

The nearest major international airport is Rome Fiumicino (FCO), and Spoleto, the nearby town, is very well connected by rail.

From Roma Termini station: Direct trains run approximately every 1–2 hours throughout the day (first departure around 05:47, last around 22:48). The journey takes approximately 1 hour 20–40 minutes depending on the service. Tickets booked in advance start from around €10–12; booking on the day typically costs €17–25. Book via Trenitalia ([trenitalia.com](https://www.trenitalia.com)) or Trainline.

From Fiumicino Airport: Take the Leonardo Express to Roma Termini (30 min, €14), then a direct train to Spoleto. Total journey time is approximately 2 hours 15 minutes to 2 hours 50 minutes. Some services allow a connection with just one change, from around €22 booked in advance.

Train operators on this route include Trenitalia Regionale, Intercity, and Frecciargento. Spoleto station has a free moving walkway connecting it to the town centre.

Book train tickets as early as possible — late July prices rise and popular services fill quickly. Tickets go on sale approximately 4–6 months in advance at www.trenitalia.com.

From the Station to Eliantemo

I have explored transport options for your evenings in Spoleto:

Local taxi: Spoleto has a reliable Radio Taxi service operating 24 hours, 7 days a week. You can book by calling **0743 225 809** or via the **ittaxi.it app** (you can also email taxispoleto@gmail.com for requests more than 48 hours in advance).

This gives you flexibility — you can walk into town (30 minutes downhill) and take a taxi back to avoid the uphill return journey. Taxis can be called as and when needed, giving everyone freedom without the commitment of a week-long van rental.

Evenings in Spoleto

For past retreats, I have recommended places to visit and sites to explore in the evenings. But I invite you to feel into how you want to approach this week.

You will need personal and energetic processing time each evening, and the container of this location may provide exactly that — where you leave more expeditions and explorations to before or after the week.

As you are all training to be consultants, I encourage you to continue developing your ability to objectively read the field, identify your needs as they arise, and communicate them — especially in a retreat, where many unexpected or unresolved themes can be magnified for the purpose of transformation.

I therefore invite you to tune into yourself and decide how much you want to explore the nearby region, when (or if) you need to get out and about, and whether being incubated feels most right for you — watching your needs change as the week progresses.

What to Bring

July in Umbria is warm — *really* warm. I am assured there are plenty of ventilators! Daytime temperatures typically reach 30–35°C, and even in the evenings they remain mild. Please bear this in mind when packing, both for comfort during the retreat work and for any time you spend exploring.

For the retreat work:

Our sessions will involve energy-healing work on yoga mats and blankets on the floor. You will be lying down, moving gently, and working at floor level for extended periods. Please bring clothing that is:

- **Comfortable and loose** — nothing that restricts movement, cuts in when you lie down, or that you would mind being on the floor in
- **In natural fibres, where possible** — cotton, linen, or similar breathable fabrics are ideal for the heat and for the energy work
- **Layered** — mornings and evenings can be cooler, and once you are still and working, your body temperature may shift. A light wrap or shawl is always useful

Personal items for the sacred work:

Please bring any personal objects, tools, or items that hold meaning for you in your practice — crystals, mala beads, a journal, a small altar object, a meaningful photograph, or anything that supports your sense of the sacred. You know what belongs in your practice; trust that knowing.

For the weather and the surroundings:

- **Sun protection** — high SPF sunscreen, a hat, and sunglasses are essential for late July in central Italy
 - **Comfortable walking shoes** — Spoleto is a hill town with cobbled streets and some steep gradients
 - **A reusable water bottle** — you will want to drink consistently throughout the day in the heat, and the property's purified water is excellent
 - **Light evening wear** — restaurants and the town in the evenings are relaxed, but Italians do tend to dress for dinner, so one or two slightly smarter pieces are worth bringing if you plan to dine out
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