

LA DOLCE VITA EXPERIENCE

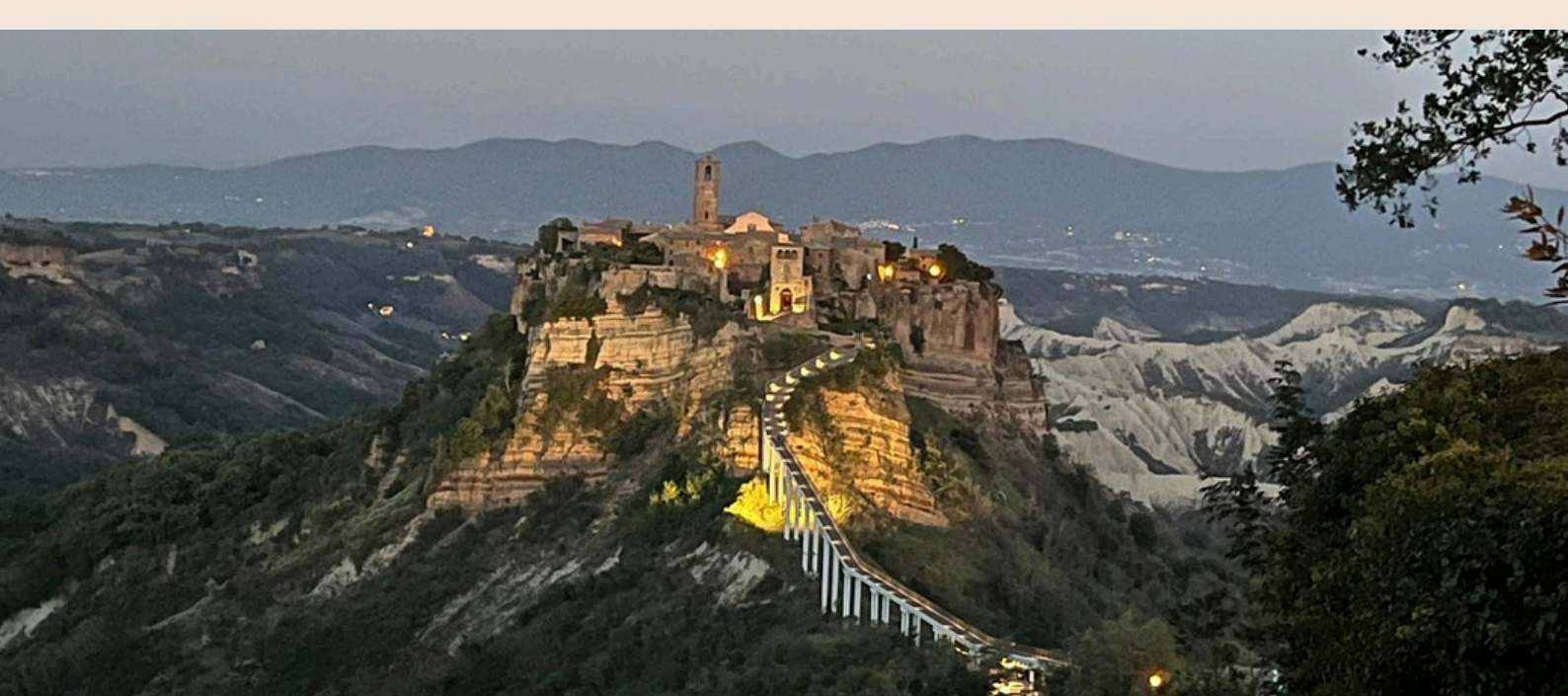
Art • History • Cuisine

OCT 3-9, 2025




**CASA
ERICA**
travel + retreats

**THE ART
— GARAGE —**



TRAVELING,
IT LEAVES YOU
SPEECHLESS
AND THEN
TURNS YOU
INTO A
STORYTELLER.

Ibn Battuta

Thank you for your interest in the
Casa Erica La Dolce Vita Experience,
in partnership with The Art Garage.

Our La Dolce Vita Experience offers it all:
art lessons, slow food and wine, culture, history,
idyllic village life, stunning architecture, and more.
Our vision for every retreat is that you leave feeling
restored by your time with us, all while enjoying the
joy and sweetness of life in Italy.

We lean heavily into the ancient wisdom and
rhythms of the Italian countryside, while leaving
breathing room for you to feel that you've truly lived
in Italy during your time with us.

Village Italy has much to impart on the secrets of a
long and happy life, and you'll have a chance to
experience it all!

La dolce vita, the sweet life, is waiting for you!

Heather Deyo & Monica Foye

AN ALL-INCLUSIVE BESPOKE EXPERIENCE



Lodging

Single or double room lodging will be included in the cost of your retreat for the entire six nights, seven days.



All Meals & Wine

From dining at local restaurants to wine tastings and dining on-site at the monastery, food and wine is included.*

Transportation

Car transportation to all of our activities is covered during the duration of your retreat.



Tickets & Admission

Access to all planned events, sites, experiences and attractions is included.

*For lunch on our Orvieto day you'll be on your own
Dining recommendations provided if desired..

EXPLORE

Our time in Italy will truly be a unique adventure. While our final schedule will unfold as we balance weather, unique opportunities that become available, and the wishes of our group, here are a few of our guests' favorite experiences which we incorporate into almost every retreat. The itinerary will be finalized 45 days from the retreat start.



EXPLORE ORVIETO

TOUR OF THE MAGNIFICENT DUOMO AND THE ANCIENT WINDING STREETS. THIS STUNNING HILLTOP CITY HAS WORLD CLASS SHOPPING, ART, HISTORY, AND MORE.



COOKING CLASS

COME LEARN THE ANCIENT ART OF UMBRIAN COOKING FROM A LOCAL CHEF. WE'LL END THE CLASS WITH A LONG, SLOW FOOD MEAL OF YOUR CREATION, PAIRED WITH THE BEST LOCAL WINES..



TENUTA LE VELETTE VINEYARDS

OWNED AND OPERATED BY THE SAME FAMILY FOR SEVEN GENERATIONS, WE'LL TOUR THE ETRUSCAN ERA WINE CELLARS AND EXPERIENCE A DELICIOUS PAIRED WINE MEAL.



ART CLASSES

WE EACH HAVE AN ARTIST INSIDE US, AND MONICA IS A PRO AT GENTLY COAXING THAT ARTIST OUT. AN ART CLASS IS OFFERED ON MOST AFTERNOONS.



WARM MINERAL SPRINGS

WEATHER PERMITTING, WE'LL SPEND SEVERAL HOURS SOAKING IN THE HEALING WATERS. DEPENDING ON TIMING WE'LL ENJOY LUNCH ON SITE.



DAY TRIP TO FLORENCE

EXPLORE THIS MASTERPIECE OF A CITY. SEE MICHELANGELO'S DAVID AND VISIT THE CITY'S FAMOUS LEATHER AND FOOD MARKETS.



D'AMICO WINERY

A GUIDED TOUR OF ONE OF ITALY'S MOST EXCLUSIVE PRIVATE SCULPTURE GARDENS, FOLLOWED BY A TOUR AND TASTING AT THEIR MAGNIFICENT WINERY.

ADD-ON ACTIVITIES, SUCH AS PRIVATE DINNERS, YOGA SESSIONS, IN-HOME MASSAGES, MEDICINAL PLANT WALKS, AND MORE, ARE AVAILABLE UPON REQUEST. PLEASE ENQUIRE FOR PRICING AND AVAILABILITY.

ACCOMODATIONS

Lubriano

We base the retreats at the Casa Erica property in the charming and picturesque town of Lubriano, Umbria. Lubriano overlooks Civita di Bagnoregio, famously known as Italy's Dying City.

The town is built on top of Etruscan ruins. It was the regional hub for crafting the pottery vessels used to store herbs and medicines in medieval times, and remains rich in history and beauty.

Lodging



We are an hour north of Rome, and two hours south of Florence, by train, and a 20 minute drive from Orvieto. Lubriano is a village of 800 people dating from the 12th century.

We have several tiny grocery stores, a variety of charming and excellent restaurants, a post office, a pharmacy, two coffee shops, a wine bar, and two beautiful Renaissance era churches.

Lodging is based in and around the Casa Erica property, a fully restored Fifteenth Century Jesuit Monastery consisting of three connected homes set around a large private garden. Each house has its own living area, bedrooms, and bathrooms. We have partnerships with several other highly desirable homes in the village and will also place guests in one of these homes when available. All lodgings are culturally protected and carefully restored to strict historical standards.

Rooms are single or double occupancy, as available and upon request.



C O S T

Single Occupancy

Starting at
\$4000 per person

Double Occupancy

Starting at
\$3500 per person

- A \$1000 non-refundable deposit is due upon registration
- \$1000 is due 90 days before, with the balance due 60 days before the start of the retreat.
- We will send reminders on the appropriate dates.
- Please inquire if you would like to discuss a custom payment plan.

NEXT STEPS

01

REGISTER

Click the link below to register for the retreat.

02

DEPOSIT

After registering, Heather will reach out with information on how to pay your deposit and establish your payment schedule.

03

BOOK YOUR FLIGHT

Use our travel agent or book your own flight into Rome.

04

STAY CONNECTED

Keep an eye on your email, we'll be sending out regular updates and coordinating a group video call in preparation for your retreat.

CONNECT

HEATHER DEYO

(904) 403-4891
heather@casaericatravel.com

MONICA FOYE

(904) 449-4056
monicafoye@gmail.com
theartgaragejax@gmail.com

WEBSITE

<https://casaericatravel.com/>
<https://www.theartgaragejax.com/italyretreats>

SOCIAL MEDIA

[@casaerica_travel](#)
[@theartgaragejax](#)

[REGISTER HERE](#)

THE TEAM



HEATHER DEYO

Founder of Casa Erica Travel and proud owner of the Casa Erica property in Lubriano, Heather is delighted to share the magic of Italy with curious travelers.

MONICA FOYE

Our resident art instructor and historian, and founder of The Art Garage, there is nothing Monica loves more than opening minds to the joy of art.

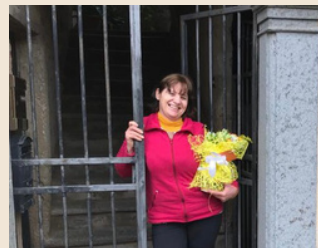


MAGDA PETREA

With many years in hospitality under her belt, Magda is a pro at the details, and can come up with a solution for (literally!) anything. She speaks five languages and is always ready to help our guests.

NADIA LECINI

Nadia has been crafting world-class meals for our guests for decades. She is an expert at seasonal fare and cooks with many ingredients from the Casa Erica garden.



TRAVEL

We recommend that you fly into Rome (Leonardo da Vinci–Fiumicino Airport | FCO) airport. There are many trains from Rome to Orvieto. We will help you secure a train ticket, and pick you up from the train station. For a fee, we can also arrange private transportation from and back to Rome.

Our trusted partner, Odyssey Travel, is available to assist you with booking travel before and after the retreat. For a small fee, our dedicated agent, Marion Taborda, can book your flight to and from Rome. Marion can also book hotels and tours, and can provide any support you may need to extend your European trip.



Marion Taborda

904-570-3000

Marion@odysseytravel.com

GALLERY

