

## Creativity & Health Retreats in Tuscany

# ECOWARRIORS!



OPEN TO BOTH  
WOMEN AND MEN  
FIRE FOOD & EARTH  
ENERGY!

Dream Wildish Dreams in  
Wildish Surroundings!

Places limited  
Taking bookings now!

*As Autumn turns to winter  
raise your energy with physical  
activity and eco warrior fun!*

You'll be part of the development of the Casa Rosa dream of creating a permaculture and sculpture garden. Ten years ago we acquired this beautiful but fading 'casa rustica' and set about restoring it. It's a dream in progress! We have an acre of land which is ripe for developing into a sustainable edible forest garden, we're drawing on local Tuscan knowledge and other eco advice but we need some extra help and enthusiasm to get it ready for planting in winter and next spring.

Course leaders Carol and Heather are sisters who both enjoy eating, exercising and being creative, but in very different ways! We invite you to come to Casa Rosa and spend some quality time with us in the fresh air of the beautiful Tuscan mountains with great company and delicious food! In return for help, you are offered accommodation and food for reduced rates and the learning and activities as an exchange for your labour. Weather permitting we'll make pizza in the antique wood forno in the land of the slow food movement and enjoy the flavours that always seem better eaten outside somehow!

**YOUR EXPERIENCE WILL INCLUDE:** Structured workshops, walking and eco exercise! We'll visit the nearby beautiful medieval walled city of Lucca, renowned for its welcoming shops and cafes – la dolce vita!

(Perfect for Christmas shopping opportunities!)

**CAROL NEWMARCH** is a professional artist, with extensive experience in making and firing ceramics. A Relational Dynamics coach, and a creative mentor, Carol specialises in coaching for creative lives and businesses. For over thirty years she has delivered staff training and personal development programmes with a health and creativity agenda. Carol believes in following your dreams!

**HEATHER NEWMARCH** is a qualified and experienced personal fitness coach. Her studio, NewmarchFit, offers a unique concept in health, fitness and diet support. Heather believes that fitness should be fun, she uses circuits, yoga based exercise, boxing and walking, inspiring people to enjoy improving their fitness. Her long career as a successful but 'desk bound' accountant led to her philosophy that health fitness and diet have to 'fit' with modern lifestyles!

Because we are newly developing these courses in Tuscany, and we're asking for your practical help, **Carol and Heather are offering you this experience, including accommodation and food at £250!** Places are limited to ensure your personal attention and a quality group experience. If you have particular skills to offer then we will be very pleased to hear from you. **Information about retreats and other courses in UK and Tuscany can be found at [www.carolnewmarch.co.uk](http://www.carolnewmarch.co.uk)**

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NB: Warriors can be many things, and are traditionally described as a person engaged in battle or warfare. However figuratively speaking a warrior can also be a person energetically or courageously involved in an activity. Eco Warriors then is about being involved in what could be perceived as one small battle in the wider agenda of climate change, courageously and energetically participating in a positive endeavour to do something practical on a relatively small scale, but with potential to grow.