



<La Vita Serena> Re Focus

La Bella Figura

La Bella Figura <Life is Beautiful> have for several years been offering intimate and authentic Tuscan experiences giving our clients a taste of living a genteel life in a beautiful private villa in Lucca which Forbes Magazine described as the “second most idyllic place to live in Europe”.

Inner harmony is an important part of our concept of Life is Beautiful so we invited the renowned psychologist Toby Green, with her vast experience to join us in Tuscany to bring completeness to the ultimate outer experience.

“Are you over it? Working under pressure, meeting deadlines, responding to emails, keeping your partner, kids and parents happy, taking orders from bosses, planning meals, making enough money, meeting Mr./Mrs ‘right’, paying the mortgage, media overload, keeping up with the Jones’...”

Well I am. When invited by La Bella Figura to augment their program, I devised a program called ‘Re-Focus’. As some of you know I have been a relationship psychologist for over 30 years, write a fortnightly newspaper column, appear on Today Tonight, Sunrise etc. and have authored three books as well as maintain a marriage, kids and granddaughter, and a full time private practice.

I don’t know about you but I could use a break. So here’s the plan. What’s one of the most beautiful idyllic and tranquil settings in the world? Tuscany. What are some of my favourite things? Eating delicious food, drinking wonderful wine, staying in an authentic charming atmosphere and chatting with good people. (Oh, and shopping!)

‘Re-Focus’ is going to include all of that and at the same time be an informal psychology seminar about making the inside of our lives as beautiful as the outside. This will be done amongst a completely organised or impromptu agenda, your choice, with an expert who knows Tuscany inside out. The psychology aspect will be like fireside chats. Topics will include relationships, discovering the real you and learning to commit to that, emotional intimacy, limit setting. My commitment is to use my 34 years of experience to get you to be the best you can be in a setting that is one of the best in the world.



Toby Green
Psychologist

La Bella Figura
Life is beautiful

Reservations and bookings - Travelphase tel 9326 1166

For further details visit www.labellafigura.com.au