

Mulieris RETREAT

16 - 18 May 2025



at

Casa Farssetti

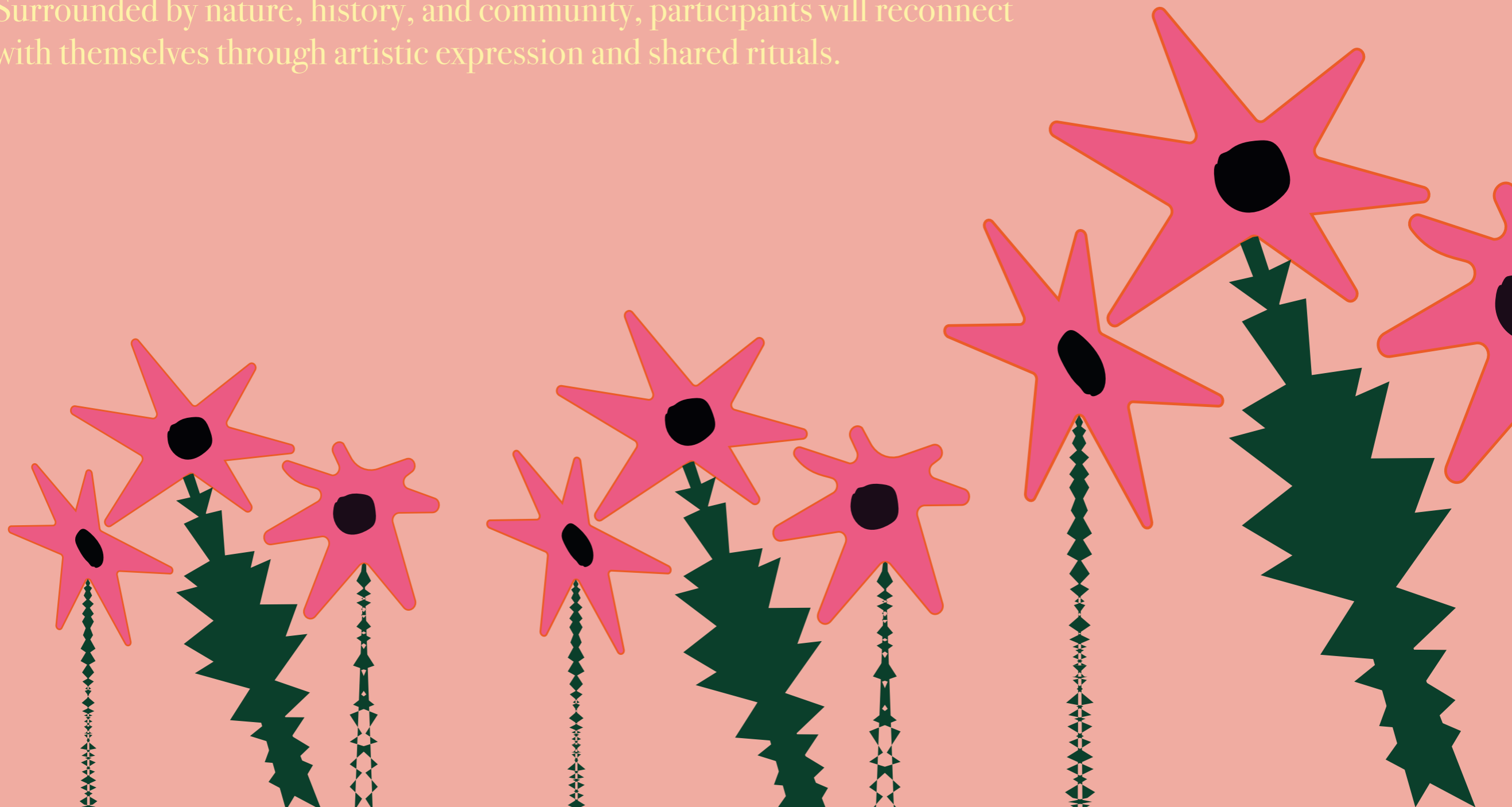
MULIERIS

Mulieris is a printed magazine based in Italy.
Mulieris is not only a magazine but it's a platform,
a safe place, a community, a source for art and events aiming to
give space to female artists and lgbtq+ creatives.



MULIERIS RETREAT

Mulieris Retreat at Casa Farsetti is a weekend of creativity, movement, and self-discovery. Set in the heart of Tuscany, this immersive experience blends art, intuitive movement, yoga, and culinary exploration. Surrounded by nature, history, and community, participants will reconnect with themselves through artistic expression and shared rituals.



CASA FARSETTI, Tuscany

Casa Farsetti is a place for gathering, sharing and hospitality. From 2022, Casa Farsetti reopens its doors to the public, after a break of a few years, with a project focusing on hospitality, contaminated by art, food and nature.

The house smells of its own history, from the ceilings with exposed beams to the walls painted with Siena clay. The house welcomes guests from an outdoor lounge, surrounded by terracotta-tiled citrus trees. The stone stairs lead to the kitchen with a fireplace, then to the dining room with an antique table seating up to 16 people, and finally to the living room.

Location



CASA FARSETTI, Tuscany

On the second and last floor are the four bedrooms, three of which are double and one with two single beds. Each room is different from the other, rich in unique elements, such as wrought iron beds, wooden wardrobes lined with wallpaper and ceramic lamps.

The doors are the originals, straight from the 1700s.

Passing through the garden, one notices the swimming pool surrounded by nature.

The pool is reserved for the villa's guests, for their exclusive use.

It is surrounded by vineyards, olive trees and rosemary. The area is equipped with two cream canvas and wood parasols and six sun loungers. In the distance, a wooden sculpture made by Carlo Farsetti from a dry tree trunk observes the landscape.



Location



BAR VERSINI

Bar Versini is a culinary experimentation project on the move, offering exclusive moments and experiences connected to food. It is not tied to a physical location but rather engages with realities and people synergy. For the retreat Bar Versini will take care of all the culinary aspect of the retreat starting from a welcoming dinner on Friday at the arrival, following with breakfast, lunch and dinner on Saturday, ending with Sunday's brunch.



Foods



Foods



STUDIO SELVATICA

The house will be set up with designs by Studio Selvatica, a studio mixing floral and vegetal designs into botanical installations.

Allestimento



Mulieris RETREAT



Activities

Clay Workshop with Foraging

An air clay drying class with Anna Giulia Benvenuti focused on creating clay pieces through nature elements.

We will forage in the surroundings of the area leaves, flowers any any sort of elements to calk them into the clay creating objects with nature imprint.

Activities



Intuitive Movement & Breath work

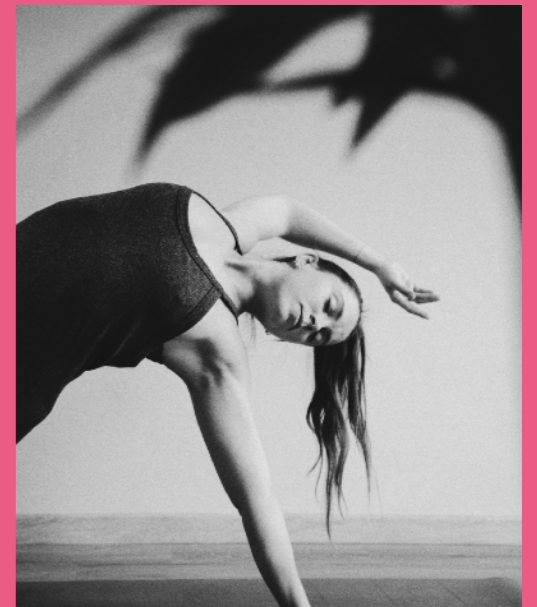
In this activity held by Margherita Lucchini participants will explore the body's possibilities in harmony with their inner sensations. The exercise will begin with a self-centering practice that includes breath work and a guided meditation.

Then they will transition into movement, starting by finding their own comfortable space, before moving into partner and group work.

Through these practices, we will experience movement as a universal language and discover nourishment in the connections that emerge moving freely without focusing on performance or a specific form.

Every body is welcome, and no prior experience is required.

Activities



Art Therapy “The Tree of Thought”

The Tree of Thought exercise in art therapy is a creative and reflective activity designed to help individuals explore their thoughts, emotions, and personal growth. It is often used for self-discovery, emotional processing, and mindfulness.

Participants are asked to draw or create a tree, where different parts symbolize aspects of their inner world:

- Roots represent foundations, past experiences, or sources of strength
 - Trunk symbolizes personal identity, resilience, or challenges
 - Branches reflect aspirations, goals, and dreams
 - Leaves may represent thoughts, emotions, or significant life events
- Fruits or flowers can symbolize achievements, positive memories, or lessons learned

If wanted the participants can write thoughts or emotions on leaves (real or drawn) and attach them to the tree, much like a “thought release” ritual to encourage emotional processing and letting go.

Free time

All activities are optional, if you don't feel comfortable with a certain thing you'll be free to enjoy the space at your own pace.

In the free time outside of the workshops' timing you'll be able to enjoy nature, the pool and the house by yourself or connecting with the other participants.

Activities



Timeline

FRIDAY 16TH

20:00 Light Dinner
by Bar Versini

SATURDAY 17TH

9:30 Breakfast
by Bar Versini

10:30/12:30
Clay Workshop
(Foraging + Clay Modeling)

12:30/13:30 Free Time

13:30 Lunch
by Bar Versini

14:30/16:30 Free Time

16:30/18:00 Breathwork +
Intuitive Movement

18:00/20:00 Free Time

20:00/21:30 Dinner
by Bar Versini

SUNDAY 18TH

9:30/12:00 Brunch
by Bar Versini
+ Clay Workshop
(Coating, Painting)

12:00/14:00 Free Time

14:00/15:00 Art Therapy

15:00/17:00 Free Time +
Snacks

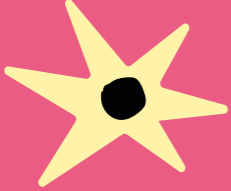
17:00/18:00 Check out

Activities




PRICES

Early bird prices, only if you book by April 7th - Rooms (Price per person):

	1 NIGHT Arrival on Saturday morning, check out Sunday afternoon	2 NIGHTS Arrival on Friday afternoon, check out Sunday afternoon
Double room (King size bed shared)	298 € * 3 rooms available	348 € * 3 rooms available
Double room (Separate single beds)	298 € * 1 rooms available	348 € * 1 rooms available
Double room for single use (One person renting an entire double room alone)	398 € * 1 rooms available	548 € * 1 rooms available
Single room (One bed)	348 € * 1 rooms available	448 € * 1 rooms available

PRICES

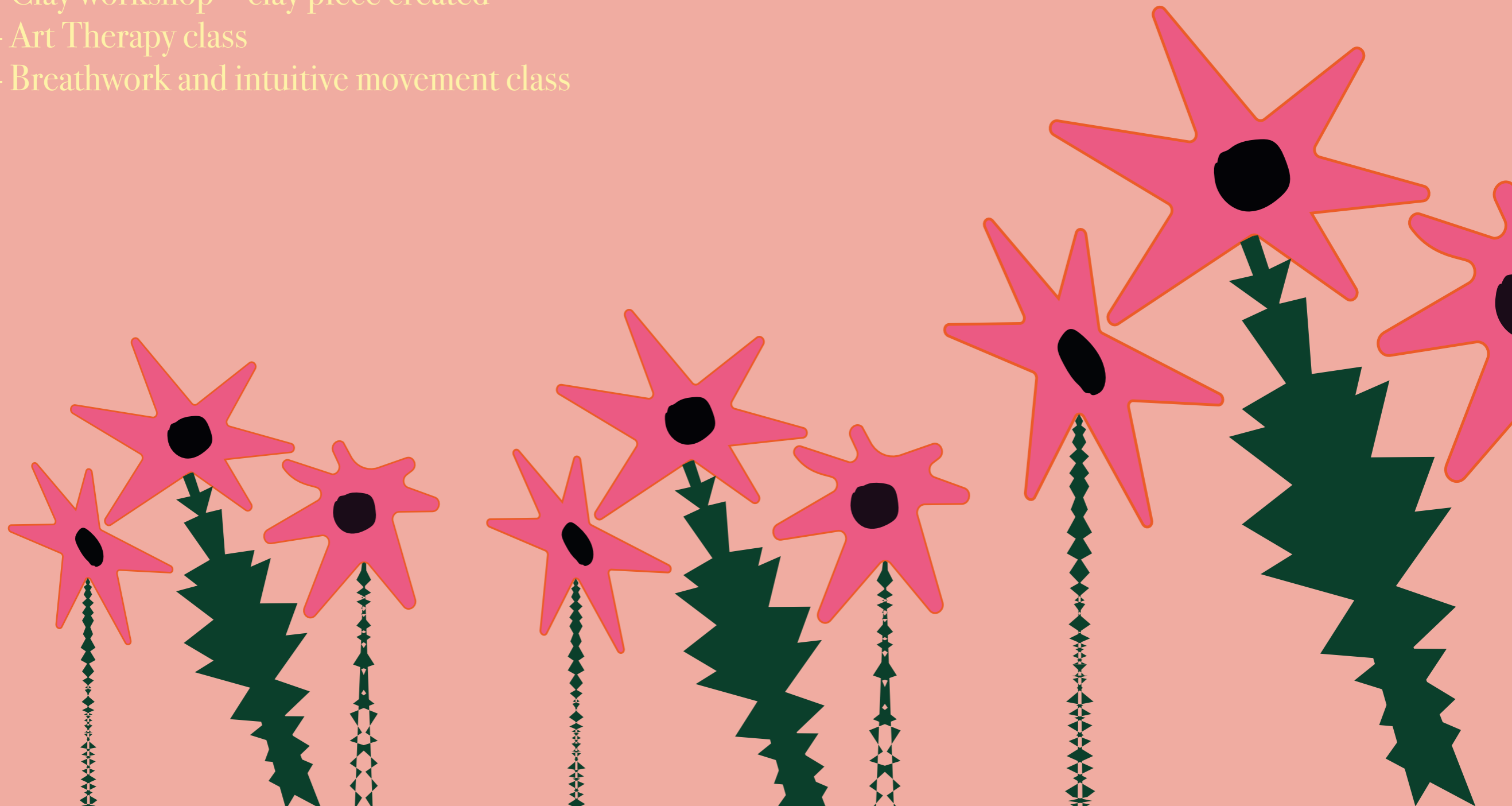
Regular prices, booking from April 8th till April 30th - Rooms (Price per person):

	1 NIGHT Arrival on Saturday morning, check out Sunday afternoon	2 NIGHTS Arrival on Friday afternoon, check out Sunday afternoon
Double room (King size bed shared)	328 € * 3 rooms available	378 € * 3 rooms available
Double room (Separate single beds)	328 € * 1 rooms available	378 € * 1 rooms available
Double room for single use (One person renting an entire double room alone)	428 € * 1 rooms available	578 € * 1 rooms available
Single room (One bed)	378 € * 1 rooms available	478 € * 1 rooms available



WHAT'S INCLUDED IN THE PRICE?

- Welcome bag kit + latest Mulieris issue
- Stay
- Food and drinks by Bar Versini
- Clay workshop + clay piece created
- Art Therapy class
- Breathwork and intuitive movement class



PICK UP

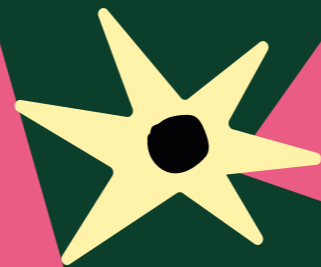
Location: Casa Farsetti V. del Vallone, 32, 50051
Castelfiorentino FI

By train: The closest train station is Castelfiorentino,
we can then organize a pickup from there.



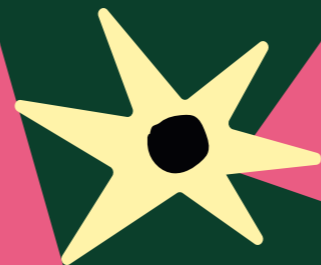
HOW TO RESERVE YOUR SPOT

**Send an email to casafarsetti@gmail.com
to check availability and reserve your spot!**



YOU CAN PAY WITH REVOLUT

Link Revolut



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Thank you, and see you soon



at

Casa Farsetti