

OCTOBER 1-5, 2025

THE ADVENTURE TO ITALY BEGINS...

*Welcome Beauty!*

I am thrilled you're joining, welcome to the Chic Retreat – Tuscany, Italy  
October 1–5, 2025

*With love and excitement from Amy Nicole Cohen*

Years ago, I dreamed of creating a retreat where like-minded women could gather in beautiful places, grow through meaningful experiences, and uplift one another in true connection and joy. Now, that dream continues—this time, soaking up the sun in Cinque Terre, immersed in the colorful coastline, with accommodations in Italy's seaside town of Forte Dei Marmi, a place I found to feel like home – this retreat is designed to ground, inspire, and energize you.

Imagine slow mornings, intentional workshops, unforgettable meals, and deep, soul-nourishing connections with other powerhouse women like You!

This isn't just a getaway—it's a gift to yourself.

I am so excited to meet you there and create memories that will truly last a lifetime.



THE CHIC  
Retreat

*Amy*

NICOLE ♦ COHEN

I AM YOUR HOST  
@AMYNICOLECOHEN

# CHIC RETREAT

## TUSCANY, ITALY, 2025

Get ready to soak up the sun, indulge in the beauty of our stunning resort in Fort Dei Marmi, and immerse yourself in all the activations we have planned by the seaside and in the heart of beautiful Tuscany.

From inspiring workshops to incredible food, wine tasting, bike riding, exploring old town Pietrasanta, and a day trip to Cinque Terre. Enjoying the breathtaking landscapes, every moment is designed to uplift, empower, and rejuvenate you. I can't wait to sip, laugh, learn, and celebrate life with you – see you in Italy!

### Talks

- Mastering Graceful Communication with Clarity
- Self-Belief is Your Superpower to Thrive

### Workshops

- Clarity in Communication. Communication Styles
- I am just a Soul whose Intentions are Good. Beyond Resilience.



# What's Included Overall?

- Luxury Accommodations at a breathtaking Tuscan Resort
- Photoshoot (Headshot) Experience
- Exclusive Gifting & Surprises (because you deserve it!)
- Food Experiences, Tours & Tastings
- Daily Walks, Movement + Bike Rides
- Happy Hours + Wine Tasting
- Authentic Connections + Italian Adventures
- Day Trip to a Charming Town for culture, shopping, vino & exploring
- Wellness & Self-Care (Tarot Cards & Breathwork)
- Inspiring Workshops & Empowering Talks (5)
- Shuttle to Pisa (Galileo Galilei Airport) Airport on departure day
- An All-Inclusive Itinerary, beautifully curated for you (dinner in Cinque Terre/Day 3 dinner is excluded)

A ONCE-IN-A-LIFETIME EXPERIENCE AWAITS

Let's make this trip memorable

See you there!

With love + appreciation, Amy



# Chic Retreat, Italy - Agenda

1:00 PM - 10:00 PM

Arrival Day (check-in between 1pm-3pm)

Day 1

Welcome, Meet + Property Tour, Check-in  
Gifting, Sips, Snacks + Intention Setting & Tarot Card Poolside  
Connections, Happy Hour + Refresh  
Long table Dinner, Drinks + Great Conversations

7:00 AM - 10:00 PM

Clarity + Advancement in Life

Day 2

Breakfast, Slow morning + Movement: Bike Ride or Mindset Walk  
Workshop 1: Clarity in Communication. Communication Styles + Lunch  
Workshop 2: I am just a soul whose intentions are good.  
Glam Experience, Photoshoot + Self-Confidence Session  
Downtime or Explore Forte Dei Marmi  
Evening Dinner + Experience

7:00 AM - 10:00 PM

Adventure into Cinque Terre

Day 3

Breakfast, Slow morning, Movement: Bike Ride or Mindset Walk  
Day Trip to Cinque Terre (two seaside villages) + Lunch  
Shop, Explore and Hike/walk seaside  
Light Snack + Sips (Dinner on Own)

7:00 AM - 10:00 PM

Thrive + Live your Best Life

Day 4

Breakfast, Slow morning + Movement: Bike Ride or Mindset Walk  
Workshop 3: Beyond Resilience.  
Afternoon Adventure into nearby Pietrasanta Village for a walking food  
tour + local shop, with authentic Italian fashion & art.  
Great Food, Talks + Exploring

7:00 AM - 12:00 PM

Departure & Goal Setting

Day 5

Breakfast, Slow morning + Movement: Bike Ride or Mindset Walk  
Circle of Intentions + Tarot Card poolside  
Check-Out  
Good-byes & Departure

- NOT INCLUDED: ALCOHOL DRINKS OFF THE SCHEDULE (WINE IS INCLUDED FOR HAPPY HOURS BUT NOT MEALS)
- RETOUCHE PHOTOS (FROM PHOTOSHOOT)
- DINNER DAY 3 OR ANY FOOD OFF THE SCHEDULE
- FLIGHTS + TRANSPORTATION TO THE RESORT

# Locations

HOTEL  
MIRAMONTI



CINQUE TERRE



See you in Italy!

QUESTIONS? SEND ME A  
TEXT, ANY TIME:  
415-680-0859



THE CHIC  
Retreat