



KEYS TO AN ABUNDANT, BALANCED & GRACEFUL LIFE

A Transformative 3-Day Retreat with Donnie Yance in Florence, Italy

Embark on a life-changing journey in the heart of Tuscany led by Donnie Yance—former 3rd Order Franciscan, Master Herbalist, Certified Nutritionist, and founder of Mederi Center. This retreat is your invitation to explore sacred spaces, embrace holistic health, and ignite a vibrant, conscious, and graceful way of living.



MEDERI
CENTER



DAY 1: THE SACRED PILGRIMAGE

LA VERNA SANCTUARY – WHERE THE JOURNEY BEGINS

A Warm Welcome

We'll begin our retreat with a Meet-and-Greet over a traditional Italian cappuccino and prepare to set off on a pilgrimage from Florence to the historic La Verna Sanctuary, the birthplace of the Way of St. Francis. Our shared van ride will give us an opportunity to connect with each other as we travel.

Reflective Journey

During our scenic ride, Donnie will share his personal connection to St. Francis, recounting tales from his time at an Eastern Rite Byzantine Franciscan monastery. With a journal in hand, we'll explore deep questions such as: Who am I? Why am I here? How do I wish to live my life?



Culinary and Cultural Delights

Savor a locally sourced, organic meal prepared by renowned Florentine chef Francesco in the charming town of Stia.

Nature & History Intertwined

Trek along an ancient 650-meter pedestrian path that winds through centuries-old stone pathways, passing a quaint chapel from 1602. Here, nature and spirituality converge, setting the tone for your inner exploration. Here, we'll recite

and discuss the last written prayer/poem of St. Francis, which is a series of requests that we be an instrument of peace in the world. *(For those with mobility challenges, we'll provide an alternative way to traverse the path.)*

Moments of Contemplation

Experience quiet meditation at the Sasso Spicco—an overhanging rock with a sacred cross—a sacred meditation area that invites you to reconnect with your soul. Conclude the day with a reflective Mass (optional) and a guided tour at the spot where St. Francis received his stigmata.



DAY 2: HOLISTIC HEALTH & WHOLE SYSTEMS WELLNESS

A DAY OF ENRICHMENT AT AN ENCHANTING VILLA

Hosted at Elizabeth Orchard's enchanting villa just minutes outside Florence, enjoy a day filled with nourishment, both for the body and spirit, with healing beverages and a gourmet lunch.



REVITALIZE WITH MOVEMENT

As we begin our day together, we'll engage in a revitalizing morning Qi-Gong session, designed to harmonize your energy and balance your inner systems.

DEEP DIVE INTO HEALTH

Revisit insights from Day 1 with a reflective discussion led by our host, Barbara Slaine, before diving into a comprehensive session on health optimization and graceful aging. We'll explore topics such as:

Network Medicine & Systemic Health: How our bodies communicate through dynamic rhythms and patterns.

Nutritional and Herbal Synergy: The integration of traditional herbal wisdom with modern nutritional insights for enhanced vitality.

Balance of Yin & Yang: Discovering the delicate interplay of fluidity and strength in our lives.

The Mederi Care Approach: From anabolic and catabolic processes to the importance of energy, adaptation, detoxification, and reproduction, we'll look at how Herbal, Nutritional, Dietary, Lifestyle, Modern Medicine and Spiritual Care come together to provide a whole systems approach to health optimization.

Practical Tools to Bring Home: Foods, herbs, supplements, and more that can enhance our quality of life, and help us age gracefully.





DAY 3: SPIRITUAL WELLNESS & INNER HEALING

EXPLORING THE DIVINE CONNECTION WITHIN

Defining True Wellness

Dive into discussions on the essence of wellness, where the words “health,” “whole,” and “holy” converge. Learn how self-nourishment and collective healing pave the way for a transformative experience.

Exploration of Self

Delve into profound questions about identity and purpose. Unpack the paradoxes of life—the balance between self-care and selflessness, the interplay of heart and mind, and the unity of body and soul.



Healing Through Forgiveness and Presence

Understand the transformative power of forgiveness, active listening, and the timeless “Peace Prayer of St. Francis.”

Transformative Contemplation

We’ll explore these questions together: Who are we? What are we doing and why are we here? And where are we going? Things happen for us not to us. What do we need to learn?

The Divine Pharmacy

Experience a thoughtful exploration of Herbal Medicine as a bridge to nature’s miracles, enriched by insights from both spiritual teachings and modern science.

The Tree of Life

Reflect on the symbolism of the Tree of Life—its deep roots in the earth and its branches reaching for the heavens—as a reminder of the eternal cycle of life, death, and rebirth. Gain new perspectives on how to listen for the subtle whispers of wisdom that guide us.

A Celebratory Culmination

Our journey concludes with dinner in the tranquil garden of Beppe Fiore Restaurant in Florence, celebrating newfound connections and the collective journey towards a graceful, balanced life.

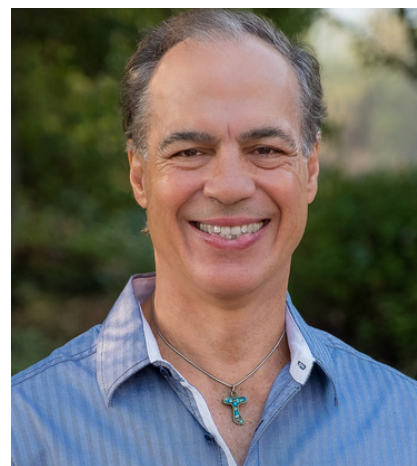


“Remember that when you leave this earth,
you can take with you nothing that you have
received--only what you have given.”

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MEET YOUR GUIDE

Donnie Yance, former 3rd Order Franciscan, is a Clinical Master Herbalist and Certified Nutritionist renowned for his pioneering botanical and nutritional approaches in cancer care. A member of the American Herbalists Guild and the National Association of Nutrition Professionals, he lectures worldwide and founded the Mederi Center, a non-profit dedicated to integrative oncology. As President and Formulator of Natura Health Products and creator of the Mederi Care model, his 30+ years of clinical expertise blend modern research with ancient healing traditions. He also educates practitioners through the Mederi Academy and is the author of key texts on herbal medicine and adaptogens.





JOIN US!

This retreat is a pilgrimage toward inner peace, holistic wellness, and a deeper connection with the divine and the natural world. The practical tools, timeless wisdom, and transformative experiences you'll have will empower you to lead a more abundant, balanced, and graceful life.

Reserve your spot today and become part of a community dedicated to self-discovery, healing, and mindful living in the breathtaking landscapes of Italy.

For more details and to sign up, please visit our Retreats page (under the Resources tab) at www.MederiCenter.org, or contact us at info@mederifoundation.org.

We are most grateful to Barbara Slaine, esteemed Mederi Board Member and part-time Florence resident, for hosting this special Mederi Center retreat.