



Jubilant June in Piedmont At The Villa in the Vineyard

June 19 - 26, 2026

A Culinary, Food, Fitness, & Wine Experience
With Cathleen Murakami & Chef Gino

INCLUDED:

Pick up/Drop Off from Asti Train station
Private room with private shower
All Meals in Restaurants (coffee bar, lunches, dinners)*
All wine consumed in restaurants ordered by host
All meals & snacks at "Villa in the Vineyard"
All Culinary Lessons with Chef Gino
All Fitness Classes with Cathleen` (daily or as scheduled)
All wine consumed at "Villa in the Vineyard"
All entry fees for any outings
All wine tastings at local cantinas
All outings to local markets
All transportation to/from tastings, restaurants or outings

NOT INCLUDED:

Flight to/from Italy
E Bike Tour (optional)
All costs incurred on "free" day (one day you are on your own to tour or rest)
Any damages caused to the property during your stay will be the responsibility of the guest who caused the damage. This includes costs for repairs, replacements, or additional cleaning required as a result of damage beyond normal wear and tear.

MAXIMUM PARTICIPANTS: 10

MINIMUM PARTICIPANTS: 6

***FEE:**

€4575EURO/PP Double occupancy

€5000EURO/PP Single occupancy

Non Refundable Deposit: **€1282EURO** per person to hold your spot

*Pay in Full by September 19, 2025, **€100/EURO off per person**

Balance due by December 19, 2025

Payment accepted – via Zelle, Venmo, or check. Payment in full via snail mail check, cash, Zelle or Venmo to confirm your reservation.

Your Dollar equivalent will be determined on the date of payment by mutual agreement (XE)

TRAVEL INSURANCE:

You must purchase your own travel insurance and we highly recommend you purchase flights that are refundable.

NEAREST MAJOR AIRPORT:

Turin

Take the train or bus from Turin Airport to the main central station called Porta Nuova. From Porta Nuova, take the local train to Asti station where we pick you up (approx. 35 min ride)

Our location is the town of Canelli approximately 14 km from Asti

Milan

There are two airports near Milan: Malpensa (closer in train access), and Linate. Often, there are more frequent flights to Milan than Turin, so check for your convenience.

Malpensa has a direct train to Milano Centrale (central train station of Milan) for easy transfer to Turin via train. It is called Malpensa Express.

Linate has a bus service from the airport to Milan Centrale.

If you prefer to hire car service for pick up/drop off, please inquire as we may be able to arrange it for you for less cost than booking it yourself from the USA. (fee not included)

HIGHLY RECOMMENDED:

Download the app "Trainline" for easy purchase of train tickets and schedules (45 countries in Europe and Asia!!)

CHECK IN:

Friday, after 3 pm

CHECK OUT:

Friday, by 11 am

ARRIVAL PICK UP:

Keep us informed of your arrival time to Asti station and we will pick you up from there **after 3 pm**. *PLEASE arrive no later than 5 pm to settle in at the Villa and join us for our first evening!*

DEPARTURE DROP OFF:

Please arrange your departure by 11 am. We will drop you at the Asti train station. Should your travel plans require you to depart before 8 am, we will help you arrange for taxi service (taxi fee not included)

CANCELLATION POLICY:

All cancellations must be received in writing to cathleen@cathleenmurakami.com during normal business hours (M-F, 9-5pm PST) **NO TEXTS OR PHONE CALLS** are accepted for this purpose

The cancellation must be confirmed and acknowledged by SynergySystems Fitness Studio (Cathleen Murakami)

Up to December 19, 2025

There will be no refund. No transfer of fees to any other parties.

Remaining balance may be applied to a trip within 18 months* from the original reservation minus a 25% administrative fee.

Should participant(s) choose not to attend any trip offered within 18 months from the original booking, no refund. (3 trips to choose from)

After December 19, 2025:

There will be no refund. No transfers of fees to any other parties.

50% of the remaining balance may be applied to a trip within 18 months* from the original reservation minus a 25% administrative fee.

Should participant choose not to attend either trip offered within 18 months from the original booking, no refund. (3 trips to choose from)

*Trips usually are in May or June and mid to late November.

Should a scheduled trip NOT occur that you have paid for due to an emergency on our end (Cathleen or Gino) or not meeting the minimum number of participants, a full refund via the method of payment will be promptly returned to you.

DAILY ACTIVITY:

Details about daily activities will come after our group has formed as each week is curated to the orientation of each group. Fitness or meditation classes are also optional to participate in. We provide all fitness equipment

A typical day may look something like the following:

8:30 am breakfast at the villa or Group Exercise Class

9:30/10 am Depart for daily activity

1 pm Lunch out in town

3:30 pm return to villa

4-5 pm Rest or Yoga Nidra/Meditation

5:30 Cooking Class

7:30/8 pm Dinner together

Due to our location being in Europe and occasional logistics are out of our control, we ask that you take a Rick Steve's attitude and be fluid about our days and order of events.

We do our best to keep our integrity and stay with our programming outline, however, attitudinal fluidity is a must for harmony and high vibes!

Any and all whining will be given extra cheese....;-)