

Rewild & Renew: Find Your Voice

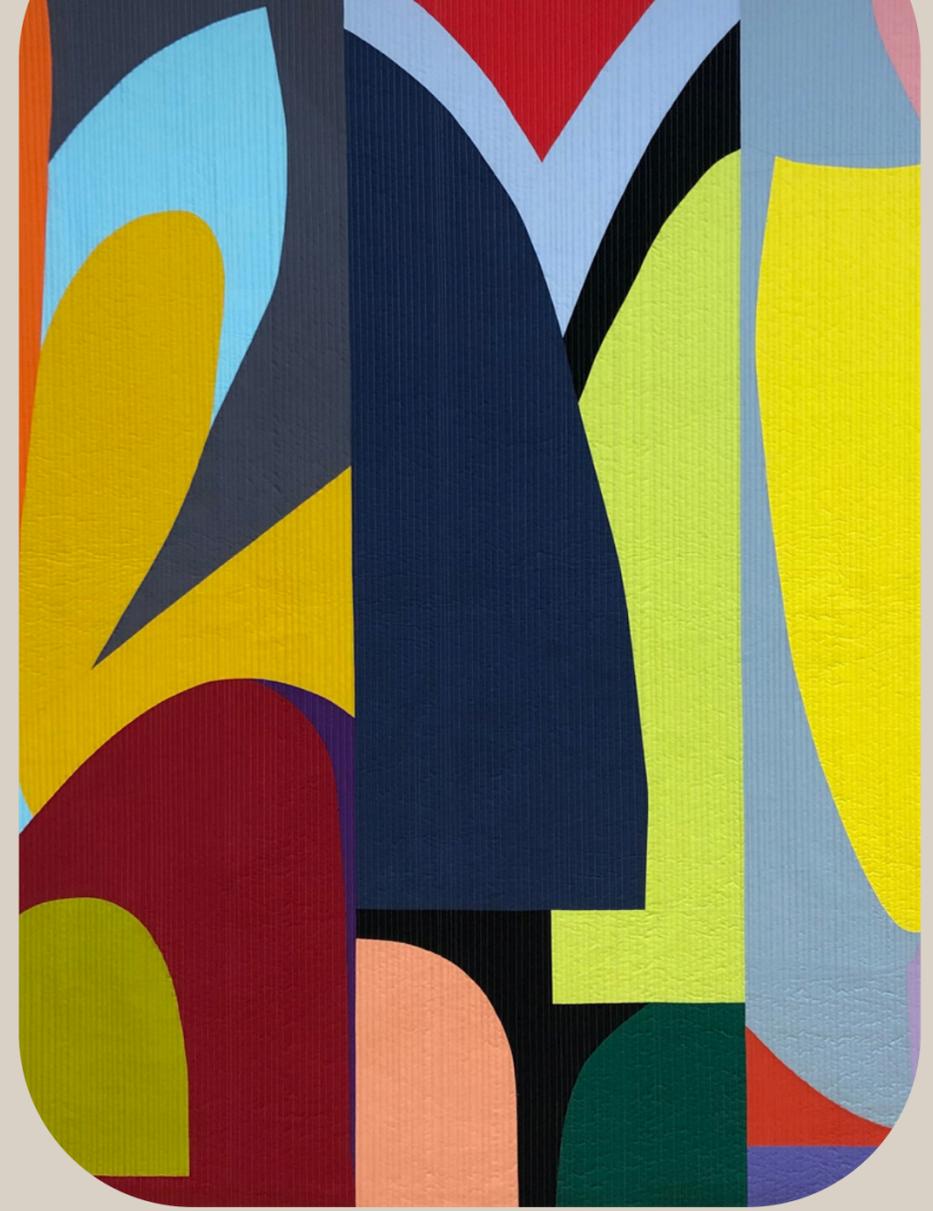
A quilting, presence & longevity retreat

With Dr. Kathryn Dundas
At Rignana Estate

21st to 27th June 2026



About the retreat



Your instructor



Dr Kathryn Dundas

I am an internationally exhibiting, award-winning modern textile artist, working under Studio Dundas, known for an improvisational, embodied approach to quilting that prioritizes rhythm, intuition, and presence over pattern or rules.

My work has been exhibited internationally in museums and galleries and is held in both public and private collections. I am represented by Galería de las Misiones in Jose Ignacio, Uruguay and the Textile Art Gallery in New York City. My work is in Color Improvisation 3, a touring, curated exhibition led by Nancy Crow.

I maintain studios in Canada and Uruguay, where my practice continues to evolve at the intersection of art, embodiment, and biology.

Alongside my work as an artist, I am also Dr. Kathryn Dundas, MD, CCFP, a physician specializing in longevity, functional, and integrative medicine, and the founder of Sublime Life—a multidisciplinary wellness ecosystem integrating medicine, nature, creativity, and experiential healing.

RETREAT

Quilting & longevity

A week of guided studio practice, embodied longevity work, and shared ritual in the Tuscan countryside. Hosted by artist and physician Kathryn Dundas, Rewild & Renew brings together daily creative prompts, group neuro-regulation sessions, and unstructured time for integration and rest. The work supports intuitive depth and sustainable creative expression — without pressure to perform or produce. Studio practice takes place in a restored historic church on the estate. Days unfold through movement, conversation, shared meals, and quiet space — allowing insight to arrive naturally.

This immersive retreat is an invitation to return to yourself— to reconnect with who you are, rediscover your creative voice, and allow your body the space to rest, regulate, and repair.

Through guided textile-based artmaking, daily presence practices, longevity medicine conversations, and optional equine experiential work, creativity becomes not a performance—but an embodied, biological pathway to truth, regulation, and vitality.



RETREAT

A different way of learning

People often ask how I make what I make.

Not in a technical way—but in a how did you arrive there? way.

This retreat is where I open that door.

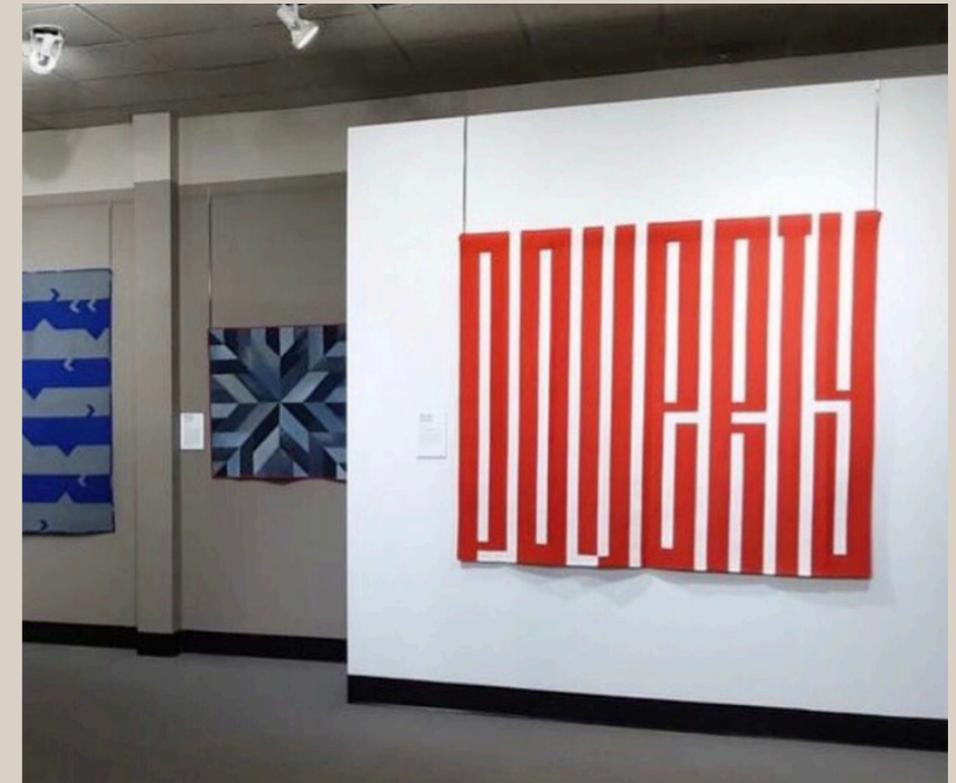
I don't teach patterns or rules. I teach how to listen, translate, and trust what's already moving through you.

My role is not to shape your work—but to help you access your own voice, without being held captive by sewing “rules,” perfectionism, or inherited ideas of what art should be.

My retreats and creative intensives draw on:

- over two decades of clinical medical practice
- nervous-system-informed longevity medicine
- somatic and presence-based practices
- and my certification and clinical experience in equine-assisted therapy

This retreat reflects the convergence of these worlds. I don't teach quilting as a technical discipline alone. I teach how voice emerges when the body feels safe, regulated, and free enough to listen. My role is not to shape your work—but to help you access your own way of working, without being held captive by inherited rules, perfectionism, or expectation.



Daily Schedule

Daily Rhythm (Monday–Friday)

Each day includes:

8:00– 8:15 Morning Intention setting with the animals

8:15–9:00 Breakfast

9:00–10:00 Morning Anchor Hour (creative + longevity talks)

10:00–13:00 Spacious studio time with individual guidance

13:00–14:00 Lunch

14:30–16:30 Spacious studio time with individual guidance

19:00 Wine Aperitivo followed by dinner

Optional equine experiential sessions or 1:1 longevity consults

Shared meals and community integration



Retreat Timetable

DAY 1 — ARRIVAL INTO THE BODY

Theme: Safety before voice

Before expression, there must be safety.

We begin by settling the nervous system, releasing outcome and comparison, and letting the body arrive before the work does.

Longevity thread:

Creativity as regulation—how rhythm, repetition, and slow making downshift stress and support repair.

Sewing prompt — Panel 1: Arrive

Felt outcome:

Nervous systems settle. Trust begins.

DAY 2 — INTERRUPTING THE INNER CRITIC

Theme: Unlearning control

We explore how training, “good taste,” and perfectionism can override intuition.

Longevity thread:

Stress, cortisol, and creative shutdown —why play restores flexibility, especially in midlife.

Sewing prompt — Panel 2: Disrupt

Felt outcome:

Freedom through limits. The inner critic softens.

DAY 3 — LISTENING FOR VOICE

Theme: Intuition over intellect

We shift from planning to responding —from thinking to sensing.

Longevity thread:

Interoception, vagal tone, and embodied decision-making.

Sewing prompt — Panel 3: Listen

Felt outcome:

Confidence in intuition grows. Less explaining, more knowing.

Retreat Timetable

DAY 4 — CLAIMING VOICE

Theme: Expression without apology

Voice is not volume—it's honesty.

Longevity thread:

Expression, meaning, identity, and long-term health.

Sewing prompt — Panel 4: Declare

Felt outcome:

Ownership. Clarity. Integrity.



DAY 5 — INTEGRATION & WITNESSING

Theme: Being seen

The four panels are assembled into one 40 × 40 piece.

We close with a quiet presentation circle—no critique, no fixing—only witnessing.

Closing thread:

How to take this way of working home.
How presence becomes the protocol.

Accommodation



THE ESTATE

In the Heart of Tuscany

We would be delighted to welcome you to our home, an 150-acre estate surrounded by vineyards and olive groves, where alpacas and horses graze freely. Our retreats are an immersive experience where you can cultivate your creativity with like minded people, connect with the natural world and taste the flavours of Tuscany through our farm-to-table meals paired with wine from our vineyards.



A Sanctuary for Artists

Develop your technique in our Renaissance Church and amongst the Tuscan Countryside.





FACILITIES

Tennis Court

An astroturf tennis court with a view, providing the perfect opportunity for both recreational and competitive play. Sit on the stone wall and watch a tennis tournament.



FACILITIES

Infinity Pool

The 18x8m marble pool with large spaces to sunbathe or practice yoga, a vine pergola that provides ample shade. By the pool, a Tiki bar offers a relaxed setting for refreshments.





Accommodation Rates

June 21st – 27th 2026 (6 nights)

Suite (Master bedroom, Living room, mezzanine bedroom & bathroom):

Two people: €3,770

Extra person: €1,000 each

Superior bedroom with ensuite:

Single occupancy: €2,480

Shared occupancy: €3,480 for two people

Bedroom with ensuite:

Single occupancy: €2,220

Shared occupancy: €3,220 for two people

Bedroom with shared bathroom:

Single occupancy: €1,970

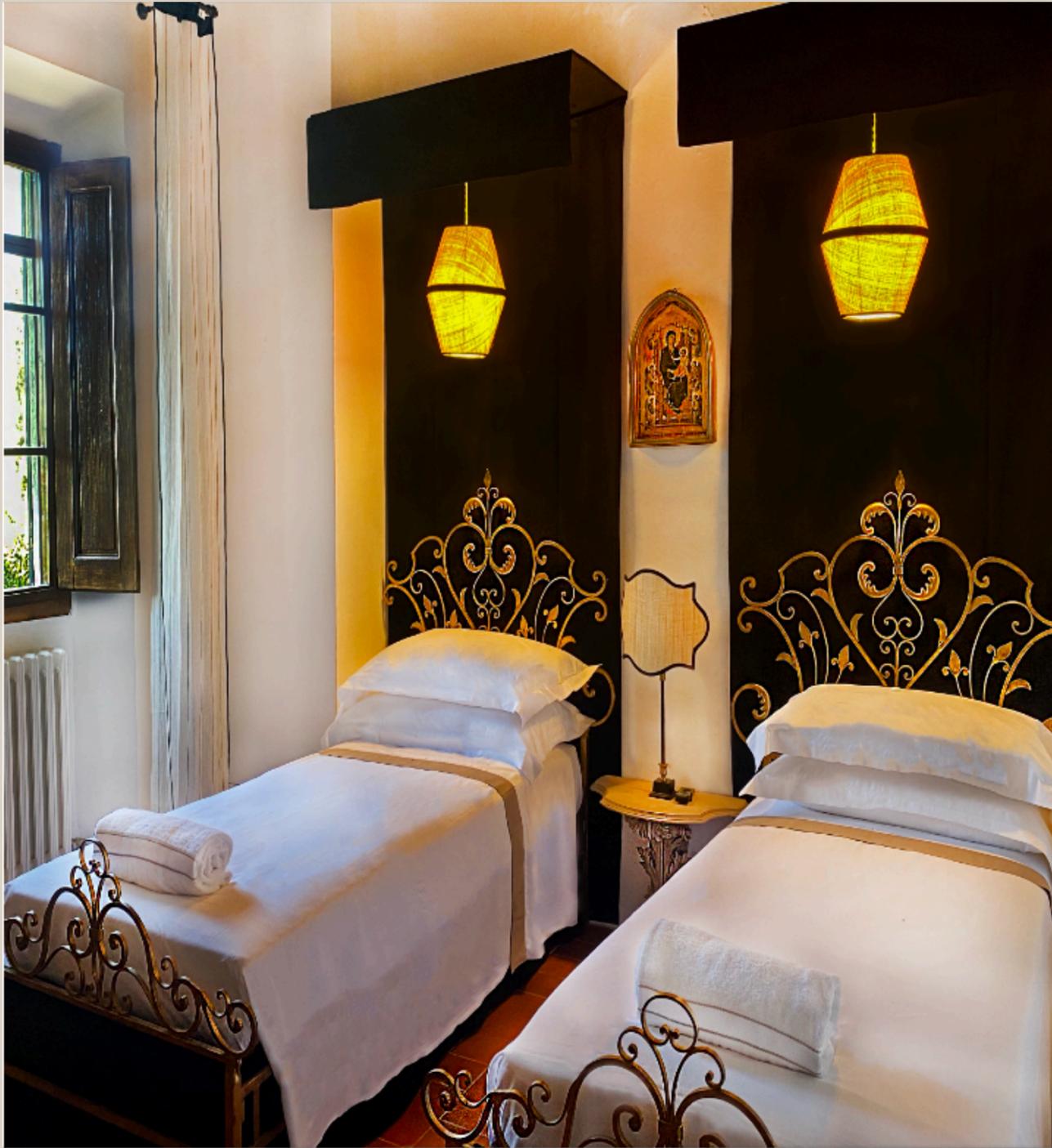
Shared occupancy: €2,970 for two people

Workshop fee for participants: \$1,250 USD

Early Bird: \$1,000 USD (by March 31)

Important Note: The accommodation fee and the tuition fee are separate.

ACCOMODATION



What's included

- 6 nights accomodation
- Daily breakfast, 5 lunches & 5 dinners
- Daily Aperitivo
- Pizza making experience
- Transfers
- Towels & linens (one towel change per stay)
- Infinity pool
- Tennis court
- Wifi
- Laundry facilities
- VAT tax



What's not included

- City tax (€2.50 per person per day to be paid in cash on arrival)

Optional Add-Ons

- Individual experiential sessions (booked ahead)
- 1:1 longevity consultations with Dr. Dundas
- Massage
- Wine tasting

Practical Information

Dates

21 – 27 June 2026

Check-in and check-out

On 21 June you are very welcome at Rignana Estate from 16:00.
Check-out on 27 June is before 10:00.

Address

Rignana Estate, Rignana 8, Greve, in Chianti
Toscana, Italy 50022 Firenze

Travel

You organise your own journey. When traveling from Florence we encourage you to travel by taxi or carpool with other participants. Before the trip, you will receive a travel coordination schedule to help you align your plans with your fellow participants.



How to get to Rignana Estate

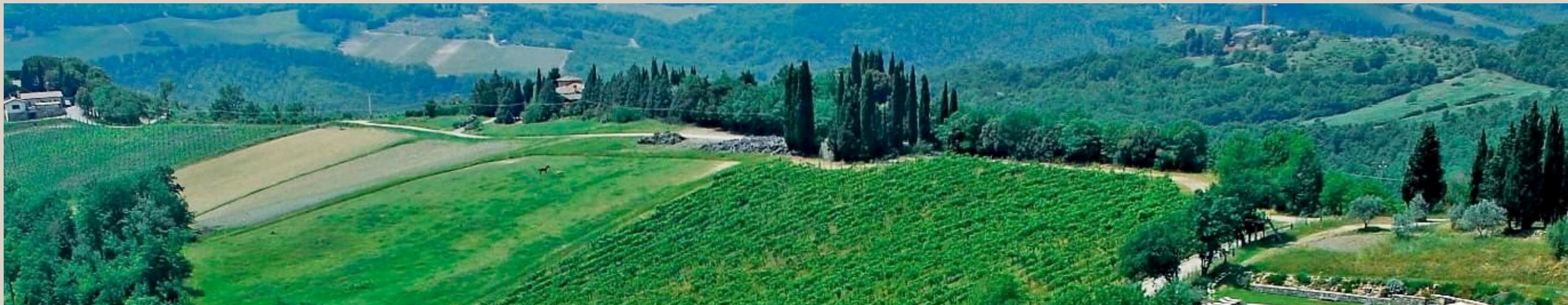
Travel to Italy

- **By Air to Florence:** Florence Airport (Peretola) is the closest airport to Rignana Estate. The estate is a 50minute drive from Florence airport
- **By Air to Pisa:** Alternatively, you can fly into Pisa International Airport. From Pisa, you can connect to Florence by bus, train, or taxi.

From Florence to Rignana Estate

By Car: Renting a car is the most convenient way to reach Rignana Estate. From Florence, it's an approximately 40-minute drive to the Estate.

Alternatively, we can search for the most convenient price for a taxi or minibus taxi service for you.



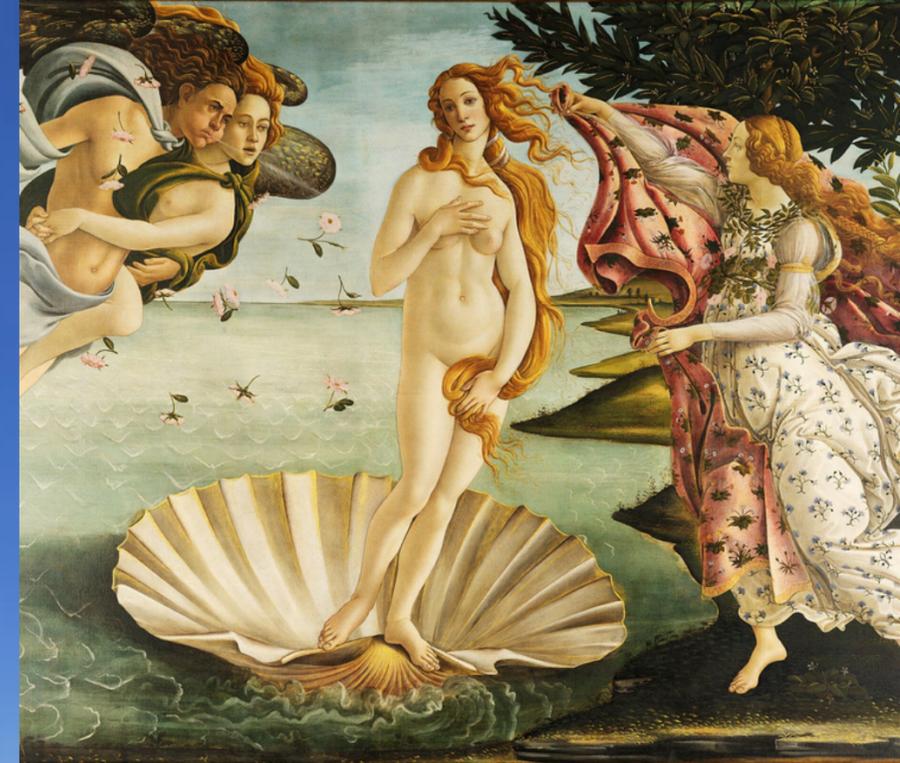
Prime Location Highlights

Just 40 minutes from Florence, Rignana Estate offers the perfect balance of tranquility and accessibility.

Nearby, charming villages like Greve and Panzano invite exploration, while world-class wineries such as Antinori nel Chianti Classico provide unforgettable tasting experiences.

We highly recommend a visit to the monastery of Badia A Passignano, home to Ghirlandaio's Last Supper. A tour with one of the monks is a must!

Walking and cycling is popular in the area. The primary walking route passing through the Rignana area is the historic Via Sanese, a leg of the ancient pilgrimage route leading to the Via Francigena, offering hilly treks through vineyards and olive groves.



Contact us

Any questions please get in touch!

Accommodation

Alessandra

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Workshop

Kathryn

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This retreat isn't about becoming someone new.

It's about remembering how to listen—
to your body, your intuition, and your work.

If you feel the pull, trust it.

-Kathryn



We hope to welcome you soon

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