



Find your voice

AN IMMERSIVE QUILTING, PRESENCE & LONGEVITY RETREAT

June 13—19, 2027

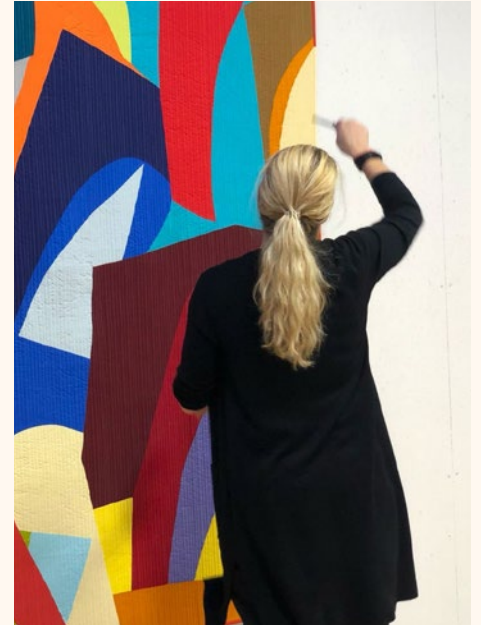
Rignana Estate · Chianti, Tuscany

A week of guided studio quilting practice, embodied longevity work, and shared ritual in the Tuscan countryside.

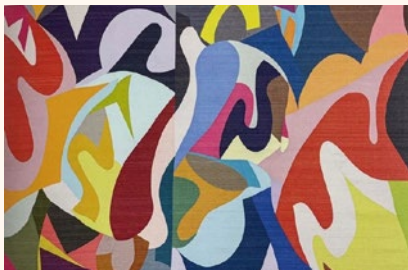
Hosted by artist and physician Kathryn Dundas, *Rewild & Renew* brings together daily creative prompts, group neuro-regulation sessions, and unstructured time for integration and rest. This retreat is designed to support intuitive depth and sustainable creative expression — without pressure to perform, but with a clear, hands-on studio process.

Participants will work in a dedicated studio setting and leave with a finished quilted textile top, developed through guided exercises in color, composition, rhythm, and presence.

Studio quilting practice takes place in a restored historic church on the estate. Days unfold through movement, making, conversation, shared meals, and quiet space — allowing insight to arrive naturally and the work to take shape organically.



*A retreat for those ready to listen
— not louder, but deeper.*



INVESTMENT

- Accommodation (6 nights): from €1,710
- Tuition: \$1,250 USD
- Early registration: \$1,000 USD (by March 31)

A DAY:

- Morning grounding and gentle movement
- Guided longevity session
- Studio quilting practice
 - Rest, swimming, or wandering
- Shared evening meals and conversation

More info [HERE](#)

TO RESERVE A PLACE:

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sublime/life
BY DR DUNDAS



REWILD
& RENEW