

# THE HEART WORK *retreat*

with Dr. Samantha Kinkaid




## A Sanctuary for Presence, Renewal & Transformation

WWW.SAMANTHAKINKAID.COM

Ostuni  
Italy

29 September  
4 October 2025

A photograph of a potted tree with green leaves in a wicker basket, positioned in a bright, modern interior. The tree is the central focus, with its branches extending across the frame. The background shows a white wall and a large arched doorway leading to another room. The lighting is soft and natural, creating a calm and serene atmosphere.

“The heart does not point the way—  
it *is* the way. Within its steady rhythm  
lives a presence the mind has been  
trying to find all along.”

Samantha Kinkaid, PhD, *The Heart Work*, 2025

**The retreat's main focus** is on cultivating qualities of the heart, fostering compassion, gratitude, and loving awareness. Through mindful engagement and introspective practices, participants will deepen their capacity for kindness—both toward themselves and others—nurturing a sense of connection, safety, and emotional resilience.

Whether you're on a journey of healing, seeking deeper spiritual connection, or longing to rediscover your innate wholeness, the heart work offers an opportunity for profound healing, self-discovery, and inner transformation. Through movement, stillness, and the richness of cultural experiences, you are invited to step into healing and wholeness with grace and presence. This retreat is for those who are ready to pause, reset, and reconnect with the wisdom of their heart.

Join us in Ostuni, where healing meets beauty, and transformation unfolds naturally.



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## Location & Accommodations

Ostuni, known as the "White City," is located about 8 kilometers (5 miles) from the Adriatic Sea. Nestled in the tranquil countryside of southern Italy, this retreat takes place at a serene villa surrounded by olive groves, rolling hills, and the gentle rhythms of nature. Thoughtfully designed single and shared accommodations provide a nurturing space for deep rest and renewal.

Each meal is lovingly prepared using fresh, seasonal ingredients sourced locally, offering a nourishing Mediterranean-inspired menu that supports holistic wellbeing.

The entire environment is non-smoking and intentionally curated to offer a serene, restorative setting—where natural beauty, deep healing, and inner stillness invite renewal of both body and spirit.

THE **HEART** WORK is an intimate, high-touch retreat experience for individuals seeking a deeper connection to self, others, and the world around them. Thoughtfully designed for those who live full, complex lives, this retreat offers the space to slow down, reflect, and reconnect—with intention.

## What to Expect

- ♥ Heart-Centered Reflection *Guided sessions to connect with your inner truth, values, and what matters most.*
- ♥ Daily Meditation & Grounding *Soothing practices to calm the mind, steady the nervous system, and return to presence.*
- ♥ Embodied Healing *Gentle, somatic practices to support emotional balance and resilience from the inside out.*
- ♥ Workshops on Living & Leading from the Heart *Explore the dance between strength and softness, clarity and compassion.*
- ♥ Time in Nature *Open space to rest, reflect, and reconnect with the wisdom of the natural world.*
- ♥ Authentic Connection *Safe, meaningful group dialogues that invite real conversation—heart to heart.*
- ♥ Creative Exploration & Expression *Simple, soulful activities to access insight through creativity and intuition.*
- ♥ Integration & Return with Intention *A closing process to ground your growth and carry the work home with purpose.*

## Registration & Investment

Your registration includes the full retreat program, accommodations, and nourishing meals each day.

Retreat Pricing (per person):

- Single Room: \$2,950
- Shared Room: \$2,650
- Commuter: \$2,050 *(program & one meal included for those offsite)*

A \$750 non-refundable, non-transferable deposit is required to reserve your spot. *Please note: Airfare and airport transfers are not included.*

Ready to join us?  
**Register now**

## Questions?

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