

Stile di Dolce Vita



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June 2010



Failure is only the opportunity to begin again,

only this time more wisely. - Henry Ford

La Dolce Vita Retreats

Gives Back...

LDVR supports pre-selected non-profits whose programs are consistent with its mission.

- Programs supported include:
- 1) empowering young girls and women through scholarships, sponsorships and microfinance;
 - 2) music education;
 - 3) scientific research/ scholarships.

SAVE the DATE!



The Grand Pacific Ball
benefitting

Forget not that the earth delights to feel your bare feet and the winds long to play with your hair. - Kahlil Gibran

Ciao Bella!

Oh my, the arrival of June already! I can't believe that next month I'll be celebrating my 55th birthday!

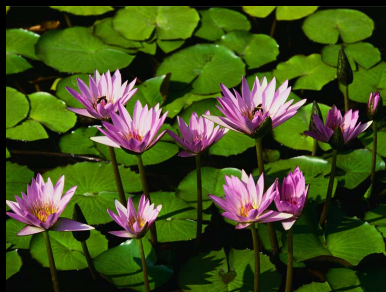
As has always been my tradition before a birthday ending in a 5 or 0, I reflect on each five year increment and the life lessons I've learned. I examine how I've grown personally and spiritually. I assess accomplishments towards my goal of living a life of meaning.

Three lessons stand out in my mind. First and foremost is that gratitude makes for an abundant life. I live my *dolce vita* daily by

the
FREE WHEELCHAIR
MISSION

**Saturday,
October 23, 2010**

Avalon, Catalina



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appreciating the blessings in my life. *La dolce vita* resides within. One's perspective becomes one's reality and if our perspective is one of gratitude and abundance, then so too is our reality.

The second is that failure is an opportunity to learn and improve and that we can fail successfully. I'm reminded of Thomas Edison's comments that his 10,000 attempts to create the light bulb weren't failures; they just didn't work. Thank God he kept on trying! So too, *La Dolce Vita Retreats* has come to a bend in the road and must change its course.

And lastly, that each moment is the beginning of our "next chapter". We keep moving forward in search of the path we are meant to follow - our calling, our essence, our road to making a difference in the lives of others. We mindfully forge ahead, perhaps choosing a different direction to arrive at our final destination. But we savor the journey.

I can speak from the heart to each of these lessons. I began *La Dolce Vita Retreats* in December 2007 with a vision for a luxury women's retreat focused on holistic health and experiential travel that would be unrivaled by any other. My goal was to create the ultimate in women's international retreats - the "black card" of women's travel, so to speak.

The vision succeeded as evidenced by the hundreds of emails I have received from women around the globe wishing they could participate. Unfortunately, as timing is critical, *La Dolce Vita Retreats* debuted at the onset of a most dire global economic crisis and the business venture has failed. I've decided it does not serve me well to continue to sustain it financially during this period of slow recovery and uncertain economies.

Clearly, financial losses are never the goal. But, I can honestly say I gained far more in intrinsic value than I lost economically. I have no regrets. I am grateful for every minute I had developing my women's retreats. I met incredibly creative people

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**The
Benefits of Retreats: A-Z**

[The "D"s:](#)

Well, I guess I should start
this list off with the obvious
- "Dolce Vita"!

But what is "dolce vita"
beyond the translation of
"sweet life"? What does it
mean to you?

If you could be anywhere of
your choosing, in any
circumstances, would it
change who you are?...[read
more](#)

*It is only when we silent the
blaring sounds of our daily
existence that we can finally hear
the whispers of truth that life
reveals to us, as it stands knocking
on the doorsteps of our hearts. -K.
T. Jong*

along the way, from different walks of
life. These friends inspired me as they are
living passionately and by their own design,
doing what they love and loving what they
do. They reinforce my mantra that each of
us can create the blueprint for living our best
life - a life imbued with joy, purpose,
fulfillment, compassion and generosity. It
just might take a few attempts to succeed.

While in Italy, I had the opportunity to
immerse myself in cultures and
communities in some of my most
cherished corners of the world.
Being an Italophile, I have begun to learn *la
bella lingua*. It is my intention to be fluent
on my 60th birthday.

I have had the opportunity to further study
and embrace yoga as an integral part of my
daily life. I come to view it as universal
"language" - on and off the mat.

I have confronted lifelong fears by improving
my relationship with fear and have
developed a habit of consistently challenging
myself to exercises that enable me to lessen
or resolve those fears.

And perhaps most poignant, I have learned
to let go - of something or someone - when
the "cost" exceeds the "value". As a high
achiever, I admit to being my harshest
critic. Although I do not surrender easily, I
now concertedly practice the yogic principle
of "do no harm", and that includes being
kind to myself.

In retrospect, would I have done some things
differently? Certainly. But what would
remain the same are the locations. Those I
would not compromise.

[Hotel Splendido](#) in Portofino is indeed one of
the most splendid respites on earth!
Throwing open my shutters each morning to
reveal the awakening of the little fishing
village, its sleepy piazzetta, its alluring and
serene bay, will be forever ingrained in my
mind. In fact, it is the vision I hold to shift
negative thoughts to positive ones. It is in
Portofino, with the backdrop of
luscious cascading wisteria, that I want to
begin my book - "The portal beckons, *la*

The Book Worm

We've added more books to our lists!

Suggested Reading Lists for:

[Cote d'Azur](#)

[Portofino](#)

[Tuscany](#)

[Amalfi Coast](#)

[Mallorca](#)

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dolce vita awaits."

[Hotel Caruso](#), in the centuries old village of Ravello, is the "star" of the Amalfi Coast. From the dramatic cliffside vista experienced from the incomparable infinity pool, to meandering through the exquisite gardens, to exploring the beautifully restored frescoes, one only begins to scratch the surface of this stellar setting.

[Villa San Michele](#), overlooking the magnificent city of Florence, is a masterpiece and not just because its facade is attributed to Michelangelo. Nestled in the Tuscans hills of Fiesole, this grand old monastery in a sublime location, with its warm and genteel staff is perfection personified.

So, as I embark on my "next chapter", I'm excited and curious! During the past five years, I have been blessed with a passage of personal enrichment, a profound journey of self-exploration and arrival to my path leading to *la dolce vita*.


I will continue to develop my seminars and workshops as I move forward. I will embark upon writing my book based on my experiences and successes as a woman in transition. I want to continue to offer my services and support to women beginning their transitory journey and reinforce, that at any age, we can create the life we want to live. Today is the beginning of our next chapter and the perfect opportunity to take the next step!

Whichever portal beckons next, I look forward to the the invitation to further absorb this magnificent life and I welcome my next adventure.

A presto,
Cari saluti e un abbraccio!

Janice Briggs

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The power of asking "what" : 10 questions to get you started with your life design.

1. What do you want?
2. What is in your way?
3. What motivates you?
4. What are your values?
5. What "floats your boat"?
6. What are you willing to do to realize your dream?
7. What is not negotiable?
8. What do you need to get started?
9. What is your first step?
10. What is next?



There is not one big cosmic meaning for all, there is only the meaning we each give to our life, an individual meaning, an individual plot, like an individual novel, a book for each person. - Anais Nin

Are you ready to dream "big", set some goals, create your plan and get to work on it?

Whether it's a relationship, career or life plan, if you can envision what it is you want, you can create it.

Join us for a 1-day workshop of visioning activities, mind-mapping, journaling and provocative discussions in an intimate environment limited to 10 ladies.

[5 Steps Towards La Dolce Vita One-Day Workshop](#)
JULY 24, 2010 - Irvine, CA

Saturday workshop - 10:00 AM - 4:30PM

\$275.00



[Click here for details](#)

Yoga for Life: Janice's tips

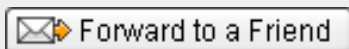
Each month I write this column featuring a topic related to one of the **8 Limbs of Yoga**. This month we will focus on the the third limb, [asana practice](#).

Asana, or the postures, are what most people associate with yoga. Although asana practice is only one component of yoga, it's a very beneficial activity for body, mind and spirit. Yoga helps me to quiet my mind, to gain clarity, to focus. Beyond the fact that my body feels fabulous after I practice, my energy level is enhanced and any anxiety is reduced. I love asana practice because it's one of the few disciplines that enables me to concentrate on one focal point. When I practice, I don't think of anything extraneous, just my yoga and the time is sacred!



La Dolce Vita Retreats offers women international vacations that combine experiential learning and creative self-expression to enhance one's mind, body and spirit. These women's retreats take place in exquisite European locales and provide enriching and nurturing environments. We celebrate the camaraderie of women as we address life transitions. We share our stories and re-discover our essential selves. We inspire each other. We play. We laugh. We reflect. We replenish our whole beings.

La Dolce Vita Women believe that each of us has the power within to create our own reality, to be awed by our lives, and to discover our own dance!



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*Journeys of enrichment
for women*

*international vacations
exquisite European locales
celebrating the camaraderie of women*

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