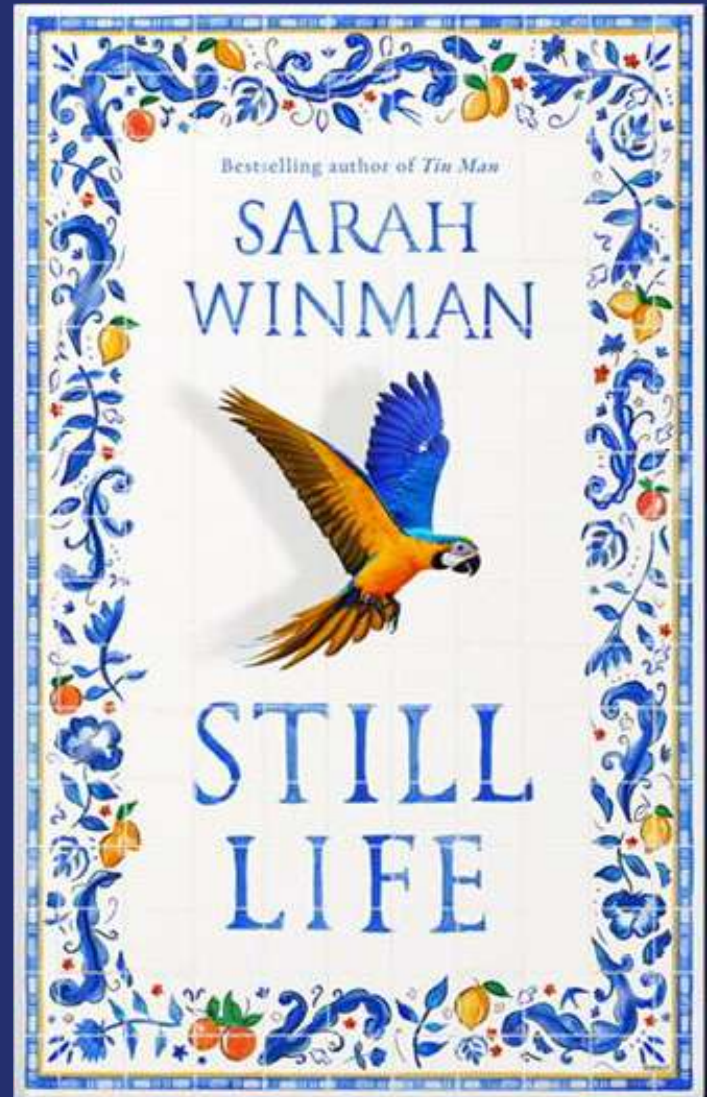


STILL LIFE RETREAT

with Sarah Winman, Emiko
Davies, and Paola Vojnovic



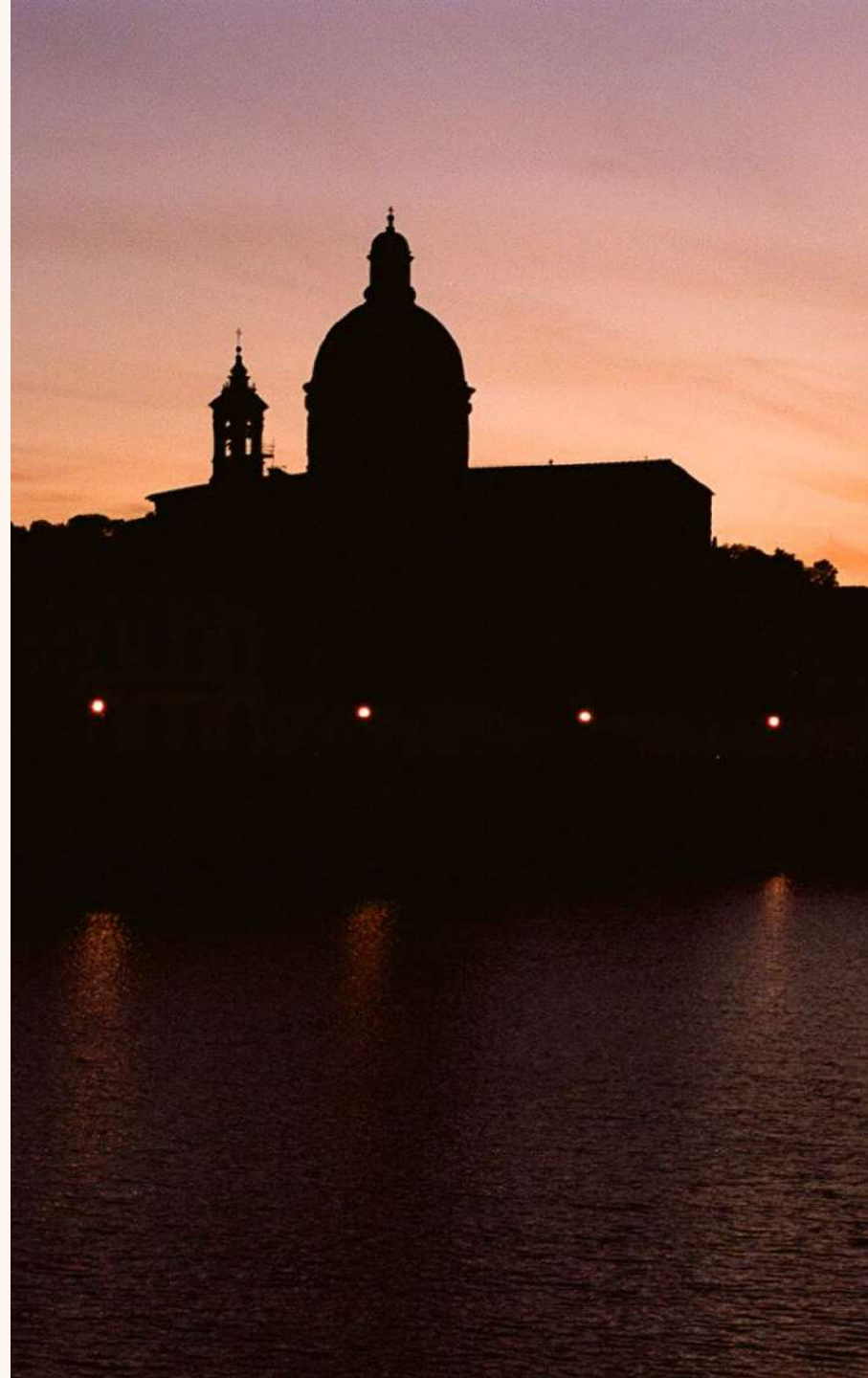
ITALY SEGRETA

STILL LIFE RETREAT

November 3rd - 8th, 2025

Immerse yourself in Florence's history, art, and literary culture on this unforgettable six-day retreat. Inspired by Sarah Winman's novel *Still Life*—a Sunday Times bestseller set in postwar Florence—you'll explore the Renaissance city's past and present through its people, places, and creative heritage with the author herself. Together with Sarah, you'll learn from acclaimed food writer and Florence resident Emiko Davies as well as art historian Paola Vojnovic as you walk the medieval streets, piazzas, and museums, tracing the impact of World War II and the devastating 1966 flood—both integral themes in *Still Life*.

We'll stay in and explore Oltrarno, the city's quieter, artisan-filled neighborhood that's the primary setting of *Still Life*. At Il Bisonte printmaking school, we'll participate in a workshop with globe maker Leonardo Frigo, whose work echoes that of *Still Life*'s beloved protagonist, Ulysses. As the retreat takes place on the 59th anniversary of the historic 1966 flood, we'll visit the Biblioteca Nazionale's restoration lab to understand the damage inflicted on Florence's literary treasures. We'll explore Florence's culinary scene at local markets and trattorias and by cooking a feast with Emiko—who was also a culinary consultant for *Still Life*. At some of Florence's most cherished establishments, meals will be a time to share and connect with your hosts and fellow travelers and enjoy the best of the city's cuisine.





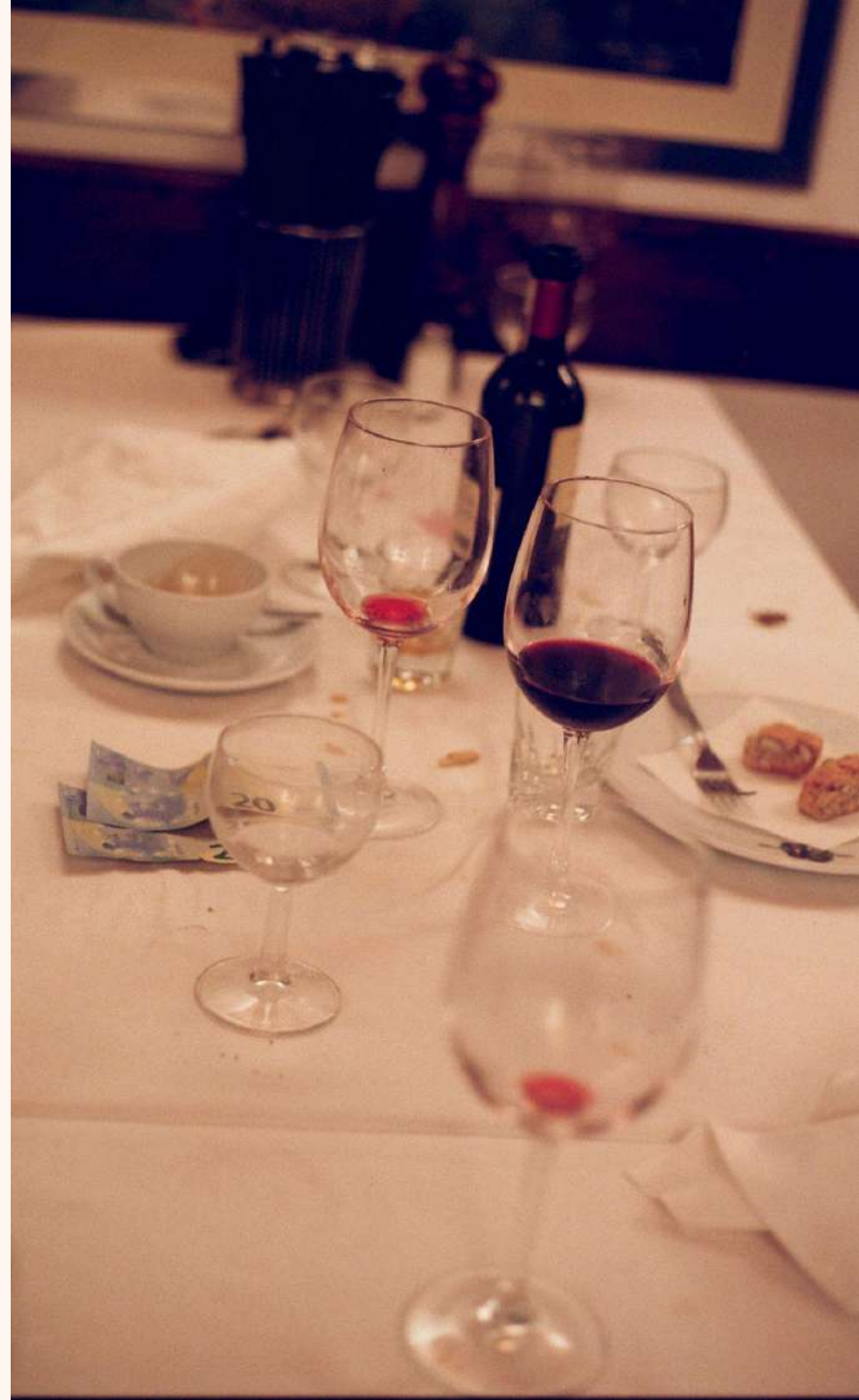
PROGRAM

Day 1: Monday, November 3

Arrive independently in Florence and check in at [Oltrarno Splendid](#) (from 12:00 PM). At 5:00 PM, Meet your hosts alongside Foto Lochi's archive director to revisit photos from Florence's past and learn about the week ahead. Dinner is at the cozy, locals-favorite Trattoria Cammillo. This evening will set the scene for the inspiring week ahead.

Day 2: Tuesday, November 4

Paola will lead a leisurely morning stroll of Florence's iconic landmarks: the Ponte Vecchio, the Cathedral of Santa Maria del Fiore, and the Basilica of Santissima Annunziata, and more. On the exact anniversary of the 1966 flood, we'll focus specifically on its devastating effects. After a lunch at local-institution Cibrè Caffè, we'll visit the Basilica of Santa Croce, where Paola will talk about the various tombs (including Michelangelo and Galileo!), the basilica's history, and its many restoration projects. During a private visit to the Biblioteca Nazionale, we'll learn more about city-wide restoration work after the flood. The evening is free to explore and rest.



PROGRAM

Day 3: Wednesday, November 5

Today, we'll learn about Florence's culinary scene with Emiko. We'll start with a market trip for ingredients, and head to an elegant space to prepare a seasonal meal together that's inspired by one of the meals in *Still Life*, which Emiko was a food consultant for.

Day 4: Thursday, November 6

We'll spend the morning exploring Oltrarno, the primary setting of *Still Life*, with visits to local craftspeople and the Basilica di Santo Spirito, home to Michelangelo's early Crucifix. After lunch at a classic neighborhood trattoria, we'll visit the Capponi Chapel in Santa Felicità to admire Pontormo's Deposition before heading to the Brancacci Chapel, a masterpiece of Renaissance fresco painting—all under Paola's guidance. The evening is free to explore and rest.



PROGRAM

Day 5: Friday, November 7

Still Life inspires today's deep dive into the world of globe making. Our morning begins at Palazzo Vecchio with Lucia and Andrea Dori, experts in historic globe restoration. Then, we'll visit the Museo Galileo to learn from master globe-maker Leonardo Frigo before a workshop at Il Bisonte printmaking school where we'll craft our own globes. We'll have one last celebratory meal together at an elegant Florentine establishment.

Day 6: Saturday, November 8

After breakfast, it's time to check-out and say farewell to your fellow travelers.



ABOUT YOUR HOSTS

Sarah Winman is a British author renowned for her evocative storytelling and deep appreciation of art and history. Her 2021 novel *Still Life* intertwines narratives set in London and Florence, exploring themes such as art history, the enduring impact of World War II, chosen families, and the 1966 flood of the River Arno in Florence. Winman's connection to Florence began during a visit in January 2015, which inspired her to delve deeper into the city's rich history and culture. She spent two years researching and immersing herself in Florence to authentically portray its essence in her novel. Through *Still Life*, Winman offers readers a vivid portrayal of Florence, reflecting her profound understanding and affection for the city's art, history, and enduring spirit.

Emiko Davies is an Australian-Japanese food writer and cookbook author who has resided in Tuscany for two decades. She first came to Florence in 2001 to study printmaking at Il Bisonte and complete a degree in book restoration at Palazzo Spinelli. Alongside her sommelier husband, Marco Lami, she opened Enoteca Marilu in 2023, a space dedicated to cooking classes and a natural wine bar in San Miniato, between Florence and Pisa. Emiko has authored six cookbooks, including *Florentine: The True Cuisine of Florence* and *Acquacotta*, with her seventh book, *The Japanese Pantry*, slated for release in November 2025.



ABOUT YOUR HOSTS

Paola Vojnovic is a distinguished historian, writer, and curator with a deep-seated passion for Florence's artistic and cultural heritage. For a decade she was in charge of special projects at the Basilica of Santa Croce where she led major fundraising efforts to restore Michelangelo's tomb and the Pazzi Chapel. She curated two guidebooks on this historical landmark. Paola has guided influential figures such as James Ivory, Beyoncé, and Tim Cook through Florence's artistic treasures. She is the creator and host of Paola's Studiolo, an online interview series with leading scholars and museum curators. An authorized Florence tour guide since 2008, she offers exclusive behind-the-scenes access to the city's cultural gems.



Along with...

Leonardo Frigo is an Italian artist and craftsman renowned for his intricate, Dante-inspired works that blend historical research with traditional craftsmanship. Trained in Venice, Frigo's work revives lost artisanal methods, from copperplate engraving to handmade paper and natural pigments. The result is a body of work that bridges art, history, and material science, earning exhibitions at Homo Faber 2024 and Vicenza's Basilica Palladiana. Frigo's projects are more than artistic interpretations—they are acts of cultural preservation, ensuring that endangered crafts endure in the modern age. He is currently preparing a book on Dantean cosmography while continuing to explore the intersection of literature, art, and craftsmanship.



PRICING AND BOOKING

What's included:

- Accommodation for five nights at Oltrarno Splendid
- 5 breakfasts, 4 lunches, 2 dinners
- Activities and meals in the company of *Still Life* author Sarah Winman
- Entrance tickets to all museums and private guided tours with historian Paola Vojnović
- Market visit and cooking class with cookbook author Emiko Davies
- Globe-making workshop and materials with globe-maker Leonardo Frigo
- Insider tips from Emiko Davies on where to eat in Florence for your free evenings

Above is a sample itinerary. Restaurants and activities are subject to change with equally exciting options pending availability. Please know that this is an active tour. We will be walking, standing, and exploring Florence on foot. We ask participants to acknowledge that a certain level of mobility is necessary to participate in this retreat.

Prices (all taxes and fees included):

Deluxe room, double use: €5,500 per person

King room, double use: €6,100 per person

Deluxe room, single use: €5,700 per person

King room, single use: €6,400 per person

To reserve your spot(s) please email:

retreats@italysegreta.com

A 50% deposit is required upon booking. The deposit will become non-refundable 120 prior to your retreat.

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