

The Wellbeing Workshops

TENDING THE INNER GARDEN

Three Wellbeing Workshops with Anne McIntyre

Healing with plants has always been part of life at Borgo Santo Pietro. Once a place of refuge for pilgrims in search of rest and restoration, the estate has carried that spirit into the present day through the vision of founder and naturalist Jeanette Grøn Thottrup, for whom the land has always been a source of wellbeing as much as of beauty.

Today, more than fifty medicinal and aromatic plants grow across our three hundred-acre farm and ever-expanding healing gardens – from calendula and hypericum to lavender, melissa and rosemary. Their harvest finds its way into every corner of daily life at Borgo: into the fresh herbal teas that welcome guests throughout the day, the dishes of our kitchens, and the *Seed to Skin* botanicals crafted in our on-site laboratory.

It was in this same spirit that, together with renowned herbalist Anne McIntyre, we created *Mastering Herbal Medicine*: a course that over the past three years has welcomed participants from around the world to learn, gather and make remedies in our gardens each June. Its heartfelt success has inspired us to take the next step – and to open our doors to herbal learning in a new season.

For the first time, in 2027, Borgo Santo Pietro will remain open through the colder months, giving guests a new reason to discover the estate in autumn – when the Tuscan countryside turns to gold, the harvest is gathered in, and life on the farm settles into a quieter, more reflective rhythm.

To celebrate, we are delighted to introduce the *Wellbeing Workshops*: three two-day workshops, held from 28 October to 2 November 2027, devoted to the everyday art of staying well – nurturing the gut, steadying the mind and supporting a long, vibrant life with herbs, food and simple daily practices.

Led once again by Anne McIntyre – who brings over forty years of clinical experience and is the author of more than twenty books on herbal medicine and Ayurveda – each workshop can be enjoyed on its own, or the three joined together into a six-day immersive retreat. Whether you are seeking to care for your own health, support your family at home or enrich a professional practice, the *Wellbeing Workshops* offer simple, lasting tools for a healthier, more balanced way of living, rooted in the land and in the healing gifts of the earth.

WHO ARE THE WORKSHOPS FOR?

The workshops are designed for:

- **Anyone who would like to learn** how herbs, diet and lifestyle can support their own wellbeing and that of their family at home.
- **Healthcare professionals** – including naturopaths, homeopaths, acupuncturists, osteopaths, chiropractors, nurses, health visitors, doctors, nutritionists, and others – who wish to deepen their understanding of herbal medicine and expand their therapeutic approach.

No previous knowledge of herbal medicine is required.















THE WORKSHOPS

The *Wellbeing Workshops* are composed of three two-day sessions. Guests are free to choose: join all three for a complete six-day journey, or select the individual workshops that speak to them most. Each combines Anne's teaching with practical demonstrations and hands-on experience, so that everything learned can be easily brought home into daily life.

Gut Health: 2-day Workshop *(28-29 October 2027)*

Long before science could see the microbiome, healers knew that health begins in the belly. Ayurveda builds all wellbeing on *agni*, the digestive fire, and the idea that disease begins in the gut is often traced back to Hippocrates.
Today we know the gut is a living landscape. It is home to trillions of microorganisms and around 70% of the body's immune cells, and it quietly shapes how we absorb nourishment, guard against illness and even how we feel. Day by day, it responds to what we bring to it.

Together, we will explore how medicinal herbs, alongside diet and lifestyle, can support and strengthen the digestive system, including:

- **Understanding common dietary requirements**
- **Simple diet and lifestyle changes**
- **Embracing diversity in your diet**
- **Using culinary herbs and spices for digestion**
- **Gut bacteria and the importance of prebiotics, probiotics and postbiotics**
- **The role of fermented foods and how to include them in everyday life**

Mental and Emotional Resilience: 2-day Workshop *(30-31 October 2027)*

We have always known it in our language: the gut feeling, the butterflies, the knot in the stomach. Ancient traditions placed the seat of emotion in the belly, and science is now catching up. Gut and brain are in constant conversation through the wandering vagus nerve and a steady stream of chemical messengers, and the gut alone produces around 90% of the body's serotonin. A troubled mind unsettles the belly, and a troubled belly clouds the mind. In a fast-paced world where emotional strain touches every age, our inner world deserves the same care we give the body.

Together, we will explore the deep connection between mind, body and spirit, with practical tools and natural remedies to build resilience and restore balance, including:

- **The impact of stress, life transitions and emotional strain**
- **Herbal support for calm, clarity and emotional grounding**
- **Diet and lifestyle practices to support mental resilience**
- **The gut-brain axis, and how to support it with herbs and diet**

Herbs for Longevity: 2-day Workshop *(1-2 November 2027)*

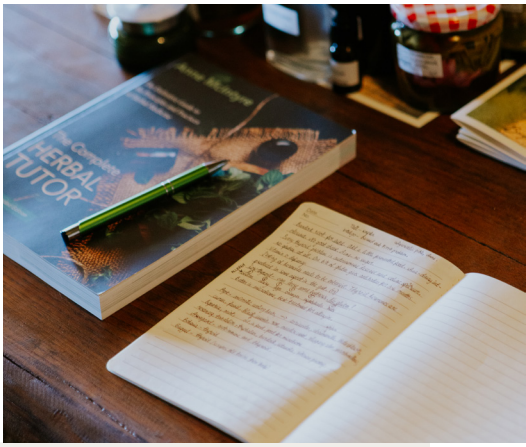
Unlock the secrets to a longer, more vibrant life with herbs. For thousands of years, people have sought the plants that keep us young; Ayurveda calls them *rasayanas*, herbs of rejuvenation. Science now offers its own language for this old wisdom. We age as our cells meet the slow wear of time: free radicals, smouldering inflammation and the gradual dimming of the mitochondria, the tiny fires that power every cell. Rich in antioxidant and anti-inflammatory compounds, and in adaptogens that help the body meet stress with greater ease, these herbs have been celebrated across generations for building resilience and vitality.

Blending tradition and science, we will look at:

- **Potent adaptogens and antioxidant-rich herbs, including ashwagandha, Siberian ginseng, liquorice, gotu kola, rosemary, lemon balm, hawthorn and tulsi**
- **How the constituents of plants interact with cellular ageing pathways**
- **Herbs that help protect our DNA and support cellular metabolic health**
- **Brewing restorative teas**
- **Making adaptogenic formulae**
- **Diet and lifestyle changes for a long and vibrant life**







YOUR DAYS AT BORGO SANTO PIETRO

Each day blends discussion with demonstrations and hands-on practice, designed to build the confidence to use what you learn at home. Between sessions, you'll be free to explore the 300-acre estate's organic gardens, woodlands and herb fields, all cultivated with care according to regenerative principles.

Each day includes refreshments and a farm-fresh lunch at Borgo, inspired by the seasonal harvest and the principles explored in the workshops.

Accommodation is not included in the cost of the workshops, but can be arranged for guests wishing to stay with us.

- **Borgo Santo Pietro**: stay on the estate itself, steps away from the gardens and herb fields where the workshops take place.
- **Locanda del Borgo**: our new village inn in the neighbouring hamlet of Palazzetto, opening in early 2027.
- **Other nearby options**: a list of alternative accommodation in the area will be provided upon registration.

SUMMARY & PRICES

The Wellbeing Workshops will give you the knowledge, tools and confidence to support your gut, your mind and your long-term vitality using herbs, food and simple daily practices – and an understanding of how and why they work.

Dates: 28 October – 2 November 2027 (inclusive)
Full programme, all three workshops (6 days): €1.995,00
Single workshop (2 days): €750,00 per workshop

Prices include the workshop sessions with supporting materials, as well as daily refreshments and lunch at Borgo Santo Pietro. Dinner is optional and not included.
Accommodation and flights are not included; however, transportation can be arranged in advance at an extra cost.

For any inquiries and to reserve your place, contact us at: **herbcourse@borgosantopietro.com**



