# The Italian Gemmos and Wellness Journey 2026

with Nature Provides





**MAY 3rd: Turin** 

Welcome to Turin, the elegant gateway to your Italian journey. Upon arrival, guests will settle into the centrally located NH Collection Torino Santo Stefano, a refined hotel nestled in the historic heart of the city. The evening offers a warm moment of connection as we gather for our first dinner together at Pizzium, where regional flavors and good company set the tone for the days to come.

Accommodation: NH Collection Torino Santo Stefano

**08:30 PM:** Group Dinner at Pizzium

Monday

**MAY 4th: Turin to Melle** 

Begin your deep dive into natural medicine with a hands-on botanical experience in the picturesque Alpine village of Melle. Surrounded by pristine nature, you'll take part in the collection of fresh plant buds, guided by local experts. In the afternoon, explore the fundamentals of plant bud extraction, uncovering the alchemical and therapeutic potential of these embryonic plant tissues in a dedicated workshop.

Accommodation: NH Collection Torino Santo Stefano

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#### Detailed program of the day

**07:30 AM:** Pick-up and Departure from Hotel Santo Stefano

**09:00 AM:** Plant buds picking experience

12:00 PM: Arrival in Melle (CN) and Lunch – Reis

**03:00 PM:** Plant buds maceration techniques and tour of the facility

**05:00 PM:** Departure for Turin (1.5hr)

08:30 PM: Dinner - SignorVino

**09:00 PM:** Overnight Hotel NH Collection Torino Santo Stefano



#### **MAY 5th: Turin**

Begin your day in the heart of Piedmont with a journey that blends spiritual heritage, breathtaking landscapes, and historical discovery. Together with Dr. Joseph Cannillo and a local guide, you'll explore the majestic Sacra di San Michele, a centuries-old abbey perched high above the Val di Susa, a place that has inspired legends and literature alike. The afternoon offers time to relax or explore Turin at your own pace before gathering again for a convivial dinner.

Accommodation: NH Collection Torino Santo Stefano

### Detailed program of the day

08:00 AM: Breakfast

**09:00 AM:** Departure from Hotel by bus to Sacra di San Michele

**10:00 AM:** Discovering Sacra di San Michele

**01:00 PM:** Lunch - TBD

03:00 PM: Return to Turin

04:30 PM: Free Afternoon

08:30 PM: Dinner - TBD

# Wednesday

## **MAY 6th: Turin to Trani**

Your final morning in Turin offers a cultural immersion with a guided visit to one of the city's renowned landmarks—such as the Royal Palace, the Museum of Anatomy, or the Egyptian Museum. After a midday transfer to the airport, you'll fly south to Puglia, where the evening welcomes you to Trani and the serene comfort of Hotel Maré. Get ready for the next day's in-depth exploration of Forza Vitale Laboratories and an exclusive clinical training session with Dr. Joseph Cannillo focused on concentrated gemmotherapy.

Accommodation: Hotel Maré\*\*\*\*

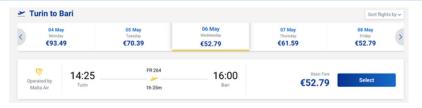
#### Detailed program of the day

**08:00 AM:** Breakfast

09:00 AM: Visit Egyptian Museum

**12:00 PM:** Airport transfer (Torino Caselle)

**02:30 PM:** Flight to Bari



**05:00 PM:** Arrival in Trani

**08:30 PM:** Dinner - TBD



## MAY 7th: Parco dell'Alta Murgia

Today is a full immersion into the land, soul, and science of Puglia. In the heart of the Parco dell'Alta Murgia, you'll begin the day by gathering wild herbs in the rolling fields surrounding Masseria Zucaro. This direct connection with nature sets the stage for a Spagyria workshop, where ancient alchemical techniques bring new understanding to plant-based preparations.

At midday, enjoy a hands-on cooking class featuring traditional Puglian recipes, followed by a light lunch prepared with the same herbs you've collected. The afternoon continues with a Gemmotherapy masterclass led by Dr. Joseph Cannillo, before concluding with a group dinner in Corato.

Accommodation: Hotel Maré\*\*\*\*

#### Detailed program of the day

08:00 AM: Breakfast

09:30 AM: Pick-up at Hotel Maré in Trani

**10:30 AM:** Wild herb collection in Parco dell'Alta Murgia (Masseria Zucaro)

**11:00 AM:** Spagyrics workshop

**12:30 PM:** Cooking class featuring traditional Puglia dishes & Light Lunch

**03:30 PM:** Gemmotherapy Class (J. Cannillo)

**08:30 PM:** Dinner - Bottega dell'Allegria (Corato)



# **MAY 8th: Gemmotherapy classes**

Welcome to a day entirely dedicated to Gemmotherapy, the science and art of using plant stem cell extracts to support the body's natural balance and regenerative processes. Led by Dr. Joseph Cannillo, today's sessions will guide you through both the clinical applications and the energetic dimensions of this powerful therapeutic approach.

**Accommodation:** Hotel Maré\*\*\*\*

### Detailed program of the day

**08:00 AM:** Breakfast

**08:30 AM:** Pick-up at Hotel Maré in Trani

09:00 AM: Training class @ PriMa

**12:30 PM:** Light Lunch

**03:00 PM:** Training class @ PriMa

08:30 PM: Dinner - TBD



# MAY 9th: Discovering Puglia: Polignano & Bari

Conclude your Italian journey with a scenic and cultural exploration of Puglia's most iconic destinations. Begin the day in the breathtaking coastal town of Polignano a Mare, where whitewashed buildings meet dramatic cliffs over the Adriatic. After lunch by the sea, continue to Bari's historic old town, rich in religious tradition, medieval architecture, and southern charm. The evening will be spent back in Trani, celebrating your final night together with local cuisine and warm hospitality.

Accommodation: Hotel Maré\*\*\*\*

#### Detailed program of the day

**08:00 AM:** Breakfast

**09:30 AM:** Pick-up at Hotel Maré in Trani and departure for Polignano

**09:30 AM:** City tour

12:30 PM: Lunch in Polignano

02:00 PM: Road to Bari

03:00 PM: Visit Bari Ancient City Center

**06:00 PM:** Return to Hotel Maré

09:00 PM: Dinner in Trani - Gallo



As this unforgettable journey comes to an end, we thank you for being part of this experience rooted in nature, knowledge, and connection. This morning, guests will check out and depart according to their scheduled flights. Three transfer times have been arranged to accommodate all departures:

#### **Scheduled Transfers to the Airport**

- 04:30 AM
- 06:30 AM
- 09:00 AM

Please be ready in the hotel lobby at least 10 minutes prior to your assigned transfer.

Single Occupancy: \$5,899.00 USD Double Occupancy: \$4,899.00 USD

**Note:** Cost includes meals, transportation, and hotels while in Italy and multiple private education sessions with Dr. Joseph Cannillo May 3-10th.

#### LINKS:

NH Collection Torino Santo Stefano Hotel Maré\*\*\*

Please note that flights to and from Italy are not included in the trip price, so you'll need to arrange those separately.



