



LA DOUBLEJ
♥
VILLA SAN MICHELE

La DoubleJ Sisterhood and Villa San Michele present:

A Raise Your Vibration Retreat

Presence Embodied with
Stephanie Canavesio and JJ Martin
at Villa San Michele, a Belmond Hotel, Florence

September 3rd - 6th, 2026



We are delighted to present a unique, energy-elevating experience designed to Raise Your Vibration through a curated blend of guided meditation, breathwork, and somatic practices.

This four-day immersion offers a deeper connection to self, clarity of mind, and a renewed sense of vitality. Curated by LaDoubleJ in collaboration with Stephanie Canavesio, creator of Presence Embodied and Inner Intelligence, this retreat invites you to participate in an elegant synthesis of emotional healing, energetic attunement, and a return to your most authentic self.

At its core, this experience is a return to what is natural, instinctive, and alive beneath the pace and pressure of everyday life. As layers of accumulated tension and emotional residue begin to soften, the body settles, awareness deepens, and a clearer, more spacious sense of self naturally emerges.

Each guest is met with care, discernment, and respect for their individual rhythm. The experience is intentionally unforced, allowing renewal to arise organically rather than through effort or performance.

The result is a grounded, expansive sense of alignment that continues to resonate well beyond the retreat.

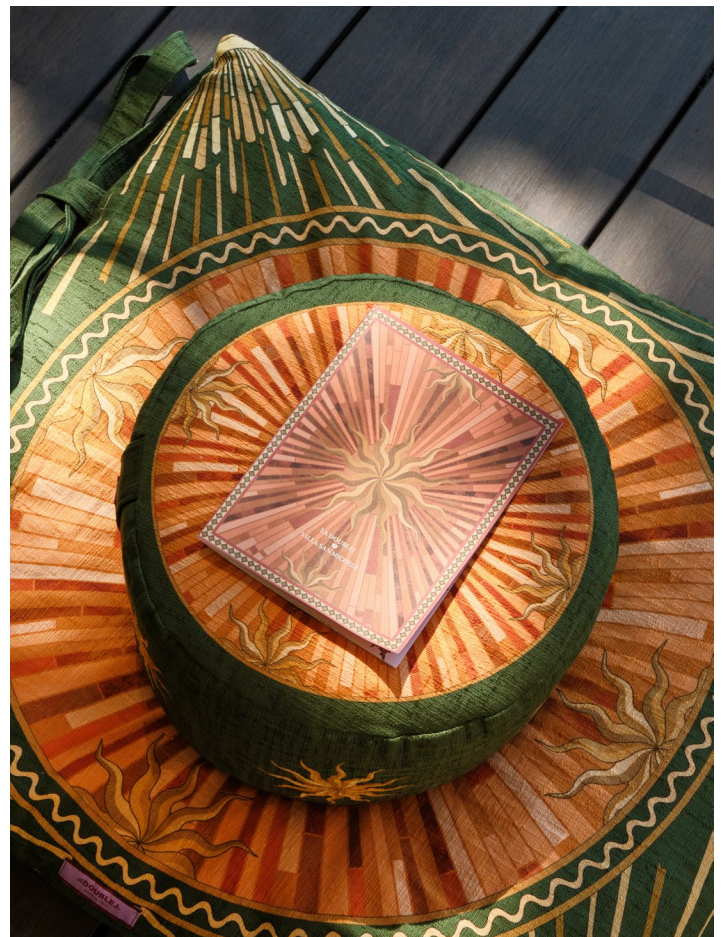


The Unfolding

Each day has been designed to balance deep inner work with nourishment, beauty, rest, and connection, allowing the experience to unfold with both structure and spaciousness.

The Raise Your Vibration Retreat at Villa San Michele includes:

- Luxury accommodation
- Daily breakfast for two
- Two lunches
- Three dinners
- One treatment per person at the Villa San Michele Spa by Guerlain
- One Opening Ceremony
- Morning Meditations
- Breathwork
- Somatic Movement
- Compassionate Inquiry Circles
- Guided Group Reflections
- 1:1 Sessions with Teachers



Healer Profiles

Stephanie Canavesio

Stephanie is a healer, retreat curator, and facilitator of transformational spaces. She is the creator of Presence Embodied, a practice that supports individuals in reconnecting with their truth, vitality, and soul purpose through emotional integration, subtle energy work, and embodied presence.

She holds a degree in Contemplative Psychotherapy from the Nalanda

Institute of NYC (2015–2017), is a certified Compassionate Inquiry Facilitator and Mentor (since 2019), and served as a meditation teacher at MNDFL NYC from 2015 to 2020. Also 2009 Graduated 800 hr Shiva Rae Yoga/ Breathwork Teacher certified by Yoga Alliance.

Stephanie has brought her speaking and workshops to global stages and sacred spaces, including TEDx Speaker and Copenhagen Health Week.



Emilie Talermo

Stephanie will be accompanied by Emilie Talermo, in the capacity of retreat producer and Breathwork facilitator. Emilie moves fluidly between worlds – from backstage production meetings to breath-led inner journeys – shaping experiences that feel both impeccably composed and deeply human.

A global experience producer and cultural curator, Emilie has spent a decade designing retreats and gatherings at the intersection of wellness, psychology, and contemporary thought.

Emilie has curated and produced retreats with some of the most influential

figures shaping modern consciousness - including Gabor Maté, Dave Asprey, Regena Thomashauer, Dr. Shefali, and Bob Thurman - translating complex emotional and philosophical material into experiences that felt grounded, intimate, and culturally resonant. Alongside her work as a producer, Emilie is a deeply trained breathwork teacher, having completed all five levels of David Elliott's breathwork training. Her breathwork practice is a guided journey into the psyche, held with precision, reverence, and a profound respect for the inner wisdom of the individual.



J.J. Martin

Founder, Creative Director & Spiritual Officer, La DoubleJ starts with J.J. and its story is hers—a tale that weaves the spirituality and optimism of her native California and the street-smart strategy of New York with the ultimate refinement of Italy’s culture and style.

The Los Angeles native landed in Milan in 2001 as a journalist, scoping out the best of Italy as a contributing editor for Harper’s Bazaar (US), WSJ. Magazine and Wallpaper*, all the while educating her eye and forging friendships with the city’s network of creatives from the worlds of fashion, interiors, art, design and architecture.



Since alighting in Italy, a country she defines as her “first major spiritual teacher,” J.J. has cultivated a rich community of healers, educators, and soul workers, deepening her own personal practice and becoming a trusted resource on the spiritual and wellness world. Being both an immersive student and teacher, J.J. has honed her multi-sensory skills through deep energy schooling over the last decade.

She has hosted hundreds of wellness workshops online, in the La DoubleJ Grotta and Gong Temple, and curating immersive, multi-day retreats around the world. She has co-hosted three spiritual journeys through Egypt, one in Cappadocia, and most recently has curated the brand-new Energy-Raising program at Villa San Michele, a Belmond Hotel, in Florence. In 2025, she flipped the typical Fashion Week script, converting the typical fashion presentation into a 5-hour energy-bath with practices guided by some of her most trusted healers.

J.J.’s authentic life passions are seamlessly merged into a new kind of lifestyle brand, one that encourages women to seek joy both inside and out. The ever-growing LDJ Tribe can dive deeper into these practices by joining The Sisterhood, a community dedicated to Raising Your Vibration through the tools, teachers, techniques, and healers who have been instrumental in her spiritual development over the last 15 years.

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Pricing starting from:

Deluxe Room

€11.845 excl. VAT and City tax
(based on double occupancy)

Premium Junior Suite

€13.045 excl. VAT and City tax
(based on double occupancy)

Garden Suite

€18.445 excl. VAT and City tax
(based on double occupancy)



