

# Borgo San Fedele, Italy

JULY 29 to AUGUST 5, 2017

Travel to the heart of Italy, to **Borgo San Fedele**, a restored 12th century monastery nestled in the green and rolling hills of Tuscany, where all of your needs are met ... where time falls away and there is only now...where the wine flows and food is plentiful.

*JazZenJourney, Italy* is an immersion into the Tuscan landscape, an inspirational sojourn for body, mind, and soul ... with quiet morning meditations, world-class jazz performances each evening, gourmet cuisine, day trips to hilltop villages, local artisans and vineyards, picnics in olive groves, frescoed chapels, and much more.

***A Unique Travel Opportunity***  
**with hosts Andrea and Steve Rudolph**

Select photography courtesy Joe Mulvey.

# The Music



## *Past JazZen Performers*

### **Violin**

Joerg Widmoser

### **Winds**

Klaus Lessmann

Mirco Mariottini

Andy Middleton

Achille Succi

### **Vocals**

Sheila Cooper

Romina Capitani

### **Bass**

Matteo Calabrese

Drew Gress

Francesco Losavio

Marco Martelli

Raffaello Parreti

Giacomo Rossi

### **Drums**

Carmine Casciello

Ettore Fioravanti

Domenico Fontana

Walter Paoli

Giuseppe Sardina

## **Jazz & Zen**

The essence of Zen is awareness; awareness of thoughts, words and actions, how we respond to the present moment and all that arises and falls away as we move through our lives. This is the essence of Jazz as well; the ability to listen and respond, moment to moment, in the interplay and exchange of notes and chords.

When we engage all of our senses to live fully, embracing our lives as an infinite connection with everything and everyone, we create the music of life and take part in a flowing, seamless dance with conscious awareness that every step, every movement is intimately related.

This is the Spirit of **JazZenJourney**





# The Food

All dietary needs are taken into consideration - vegetarian, vegan, gluten-free, and food allergies.

**Chef Andrea Anichini** is a warm, larger-than-life personality. He creates his flavors by highlighting individual ingredients through his pure, minimalistic cooking style. In his kitchen there is little use for butter – he uses only olive oil.

Chef Andrea is intensely passionate about using organic local ingredients from the land on which he has spent a lifetime honing his craft. He grew up in the food and wine culture of Tuscany, working in his aunt's vineyard as a boy. He became a member of the *Association of Italian Sommeliers* and worked at *La Taverna di Vagliagli*, a family-run restaurant in the Siena region considered the best in the area. He is now the Executive Chef at San Fedele where he is the culinary guide to visitors from around the world.

He says, *This is the passion of my life.*





# The Experience



***I've done a lot of traveling ... JazZenJourney is the only trip I've taken twice and I'm seriously considering a third. It's that good - and that magical.***

- John Custer

***JazZenJourney is a sublime experience set in the heavenly Tuscan countryside ... this is a week you will not forget.***

- William Anderson

***The best of the very best!***

- Carol Swendsen

***Gourmet Italian food, local wine, new friends ... great jazz, beautiful landscapes ... words cannot describe the JOURNEY!***

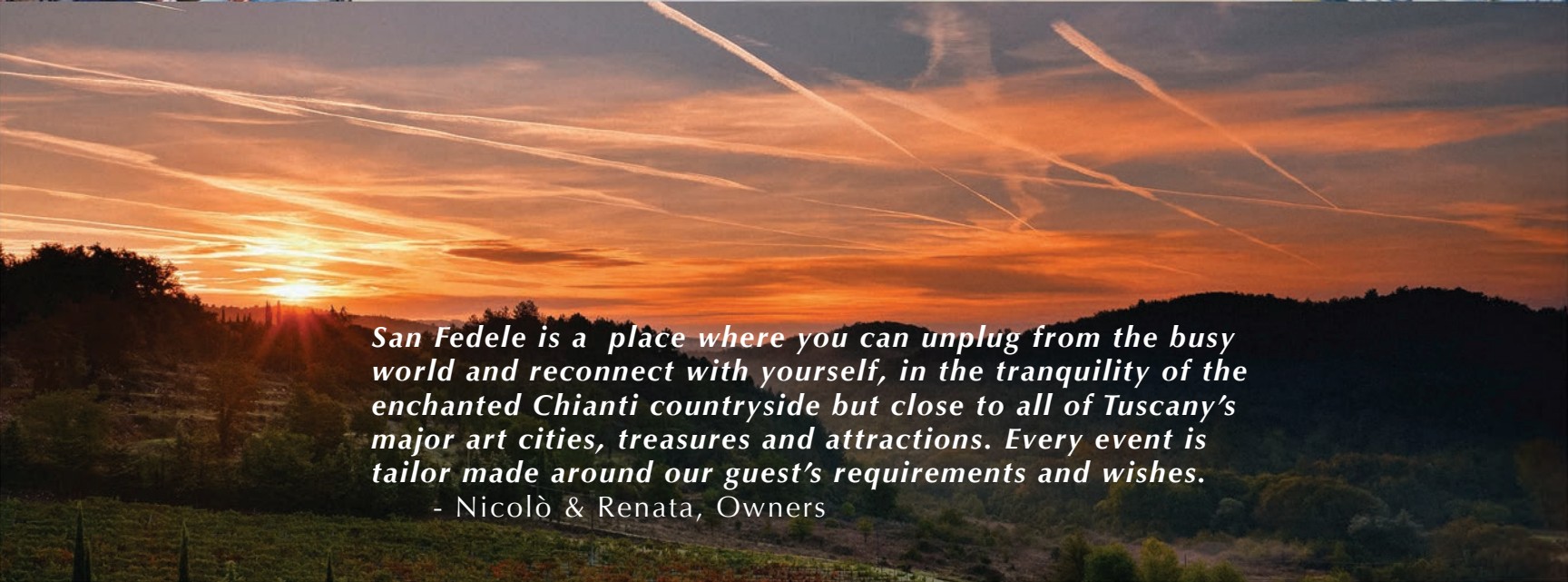
- Robert and Romayne Johnson

***As an artist, I found inspiration in every nook and cranny, every vista & at the turn of every corner. The warmth and welcome of Borgo San Fedele is not to be compared to any place I've experienced before.***

- Wendelyn Anderson

***This was a life-changing experience ... we will definitely return.***

- Jay and Michelle Rau



***San Fedele is a place where you can unplug from the busy world and reconnect with yourself, in the tranquility of the enchanted Chianti countryside but close to all of Tuscany's major art cities, treasures and attractions. Every event is tailor made around our guest's requirements and wishes.***

- Nicolò & Renata, Owners

# Your Hosts



**Andrea Minick Rudolph** is a cognitive behavioral based Mindfulness Counselor, an ordained Priest in the Zen Buddhist tradition, and a celebrant for weddings, blessings, and life transition ceremonies. She is a Fellow with the American Psychotherapy Association, a Professional Member of the Pennsylvania Counseling Association, a Certified Master Chaplain for the American Board of Chaplains for Homeland Security, and earned her Life Coaching Certificate from the Life Coaching Institute in London, England.

Andrea Minick Rudolph, M.A., F.A.P.A., serves as Executive Director, Oryoki Zendo and JazZenJourney.

**Steve Rudolph** has had an inspiring career in his 50 years of professional music making. *Jazz Improv* magazine states, "Rudolph is a savvy, swinging, glimmering heavyweight ... simply outstanding." With thirteen acclaimed albums as a leader, he has served as producer, arranger and performer on many recordings and his vast experience encompasses concert performances with many jazz masters, including Louie Bellson, Clark Terry and more. He has toured throughout the U.S., India, Europe, Canada, Russia, and the Caribbean. Steve is currently a Yamaha Keyboard Artist and is in demand as a clinician and performer.

Steve is Executive Director of the *Central Pennsylvania Friends of Jazz*, and serves as Advertising Director for JazZenJourney.





*Visit the website for the full schedule  
or call +01 717 514-3082 for details*

[jazzenjourney.com](http://jazzenjourney.com)