



JOIN MINDWARE IN ITALY FOR A FIVE-STAR TOUR OF PUGLIA & SARDINIA

September 2 - 16, 2025

Tour of Puglia & Sardinia: Join MindWare Seminars for a taste of La Dolce Vita this September! Join us for a tour of Puglia, the heel of Italy's "boot" and of the beautiful Costa Smeralda in Sardinia. Meet us for lunch in Bari, the capital of the region and discover Bari Vecchia on a walk around the old town that traces its roots back more than 2,000 years to Roman times. We'll then board the bus to the Borgo Bianco, an ancient masseria (Apulian farmhouse) surrounded by olive groves and vineyards in the countryside, yet a short drive from Polignano a Mare. From here we will get to know the region with day trips starting with the Valle d'Itria and the towns of Alberobello to see the heritage-listed conical "trulli" houses and the whitewashed town of Locorotondo, named one of the most beautiful in Italy. After a conference the next morning, it's off to the Adriatic Coast and the towns of Monopoli, an ancient trading hub between East and West and the nearby Polignano a Mare, perched high on a hill that slopes down to the beach, it is famous for cliff diving and a cave system where we will have dinner! Our next target is the grottoes of Castellana, karst caves naturally formed in this limestone region with stalagmites and stalactites that was only discovered and fully mapped in the late 1930s.

Next, we'll stop in Ostuni on the way to Lecce. Known as "La Citta Bianca" or the "White City" as well as for its Gothic architecture, winding streets and medieval layout, Ostuni also benefits from 360° views including all the way to the Adriatic! Later that day we'll arrive in Lecce where we'll stay in the Centro Storico at the Patria Palace, set in an 18th Century Palazzo. Lecce is Puglia's cultural heart and is often referred to as the Florence of the South for its Baroque art, ornate churches, grand piazzas and ancient ruins dating to Roman times. Little-known secret: Puglia produces more olive oil than Tuscany and the rich, fertile soil in the south surrounds each of our visits! Next up is the town of Gallipoli, the "Pearl of the Ionian Sea" that is perhaps best known for having variously been invaded by the Greeks, the Vandals and the Goths, rebuilt by the Byzantines, invaded once more by the Normans and fought over by several Italian kings prior to unification! After all that history, it's time for a wine tasting; did we mention the area is almost as well known for wine as for olive oil?! Finally, we visit Nardo, a hidden gem filled with converted masserias and palazzi, whose name is said to derive from the ancient Greek word for water, nar; legend has it that a bull struck the ground with its hoof only to have inadvertently discovered a spring below! To this day, the bull is the symbol of the town, immortalized in a fountain just off the main square! On our last day in Lecce, we'll have a conference in the morning followed by a cooking class in the afternoon to learn how to prepare some of the local specialties of the region!

The next day, we head to the airport in Brindisi and say goodbye to Puglia and make our way to Sardinia. One of the largest islands in the Mediterranean, Sardinia is surrounded by 2,000 kilometers of coastline and is one of the first Blue Zones ever identified. We land in Cagliari, the capital of the island, where we'll stay at the beautiful Palazzo Doglio and tuck in for the evening. There will be a conference the next morning followed by a walking tour of the historic Castello district, a center of social, political, cultural, religious and military life since its founding more than 700 years ago! The next day, we'll head for the famous Costa Smeralda or Emerald Coast on the Northeastern side of the island, stopping in Nuoro along the way, home to one of the rarest pastas on earth! This transfer will take us through the interior of the island and past several towns that have earned the country's "most beautiful villages of Italy" designation, not to mention some of the oldest, with traces of human history dating as far back as 3500 BCE!

Finally, we'll arrive at our last stop of Porto Cervo and the CPH Pevero hotel. Seemingly carved right out of the hillside, the hotel sits just above the beach overlooking crystal clear blue waters. After a day off for sea and sun, we'll present the final conference and later that afternoon head to our Sardinian cooking class, where we'll cook the traditional Sardinian way, learning the secrets of the Sardinian centenarians including wine tasting of course! After sleeping off the hard work of food prep, we'll spend the next full day on a private boat tour of the Maddalena Islands with a chance to do some snorkeling, sunbathing and just enjoying the leisurely life! A special day to end a special trip, we know this will be another memorable occasion spent with friends and colleagues!

For those who wish to arrive a few days early, there is an opportunity to tour the Gargano region, the "spur" of the Italian boot, a beautiful nature preserve with white limestone cliffs overlooking the Adriatic with Karst rock formations sculpted by the water, sea caves to rival those in Capri and secluded stretches of beach that are so worth the visit! For those who wish to spend a few days in Rome before or after the trip, please advise and we will arrange it!

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Dental Conference: Earn 12 CE credits for attending "Oral & Maxillofacial Surgery: Improving Surgical Skills." This course will cover diagnosis, treatment planning, surgical execution and the role of the general practitioner in complex surgical and prosthetic rehabilitation.

Learning Objectives: 1. Mastering the diagnosis, anatomy, surgical technique and post-operative care of impacted third molars; 2. Diagnosing prosthetic-driven surgical planning, surgical guide preparation, surgical technique and post-operative care of implants; 3. Identifying the diagnosis, bone graft type selection, medical consideration and surgical techniques for bone grafting; 4. Understanding the CPC diagnosis, biopsy techniques and surgical treatments of oral pathologies; 5. Mastering Botox injections for facial pain and mayo-pain dysfunction syndrome as well as anatomy and injection techniques of Botox and Juvederm injections for facial aesthetics; 6. Considering facial aesthetics and occlusions in orthognatic surgery

Speaker: Dr. Benjamin Saleh is a board certified oral and maxillofacial surgeon in private practice in Montreal, Quebec where he is affiliated with the Jewish General Hospital. He is also an assistant professor at McGill University and has lectured widely on many facets of oral & maxillofacial surgery, extraction of impacted wisdom teeth under intravenous sedation and reconstruction of atrophic maxillary.

He is a member of the Academy of General Dentistry, The Canadian and American Dental Associations, the Canadian, American and International Associations of Maxillofacial Surgeons and the National Dental Board of Anaesthesiology among others. He is a fellow of the American Society of Dental Anaesthesiology, the International Congress of Oral Implantologists and the Académie Pierre Fauchard. He is also a past President of the Quebec Association of Oral and Maxillofacial Surgery.

Dr. Saleh obtained his Doctorate of Dental Medicine in dental surgery at McGill University and a certificate in oral and maxillofacial surgery from the Albert Einstein College of Medecine in New York.

Tour Pricing: USD\$12,795/pp based on double occupancy; includes 14 nights accommodation at 5-star hotels, breakfasts and dinners, air-conditioned buses, English-speaking guides, entry to all activities, tips for guides and drivers. ***Please note:** OPC tax and cancellation, medical, travel and lost luggage insurance are not included. Nexion Travel Group Canada, TICO Lic. #: 1559342*

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