

# BETREAT

BE present

BE peaceful



BE adventurous

BETHERE

9.27.24 - 10.3.24

## THE ITINERARY

Please note that the magic is still in the making & that activities & times may shift

9.27 fri

### TRAVELDAY

#### WELCOME APERITIVO

- CIRCLE EXERCISE- INTENTION SETTING

#### DINNER AT THE VILLA

- CANDLELIGHT MEDITATION

### DAY2

9.28 sat

- YOGA & MORNING MEDITATION

#### BREAKFAST AT VILLA

- MORNING WORKSHOP SESSION

#### LUNCH AT VILLA

- DYNAMIC MOVEMENT
- FREE TIME

#### DINNER AT VILLA

- GUIDED MEDITATION/GROUP REIKI

### DAY3

9.29 sun

- SUNRISE SILENT WALKING MEDITATION

#### BREAKFAST AT VILLA

- MORNING WORKSHOP SESSION

#### PASTA MAKING CLASS & LUNCH AT VILLA

- FREE TIME
- WATERCOLOR CLASS

#### DINNER AT VILLA

- CACAO or BREATHWORK CEREMONY

### DAY4

9.30 mon

- MORNING YOGA

#### BREAKFAST AT VILLA

- MORNING WORKSHOP SESSION

#### LUNCH AT VILLA

- WALKING MEDITATION
- FREE TIME

#### WINE TASTING & DINNER AT VILLA

- YOGA NIDRA

### DAY5

10.1 tue

- MORNING SOUND HEALING/ MEDITATION

#### BREAKFAST AT VILLA

- MORNING WORKSHOP SESSION

#### LUNCH AT VILLA

- TRIP TO SIENA - GUIDED WALKING TOUR

#### DINNER IN SIENA

- DANCE PARTY AT VILLA

### DAY6

10.2 wed

- DYNAMIC MOVEMENT & MORNING MEDITATION

#### BREAKFAST AT VILLA

- TRIP TO THERMAL HOT SPRINGS

#### LUNCH IN AN OLD TUSCAN TOWN

- EXPLORE & SHOP IN A QUIANT VILLAGE

#### DINNER AT VILLA

- CLOSING CEREMONY

10.3 thu

### TRAVELDAY

#### GOODBYE BREAKFAST

- INTENTION SEALING

#### MORNING DEPARTURE

We can't wait to  
experience this  
**BETREAT** with you!

With love,  
*Jen & Joanna*