



### September 22:

- Transfer from Catania Airport to Brucoli.
- Arrival at Villa Saracena in Brucoli.go
- Dinner on the terrace with Sea view.
- Guided restorative yoga practice and meditation around the Autumnal Equinox.

### September 23:

- Morning yoga practice: breath-work, vinyasa, intention.
- Breakfast.
- Tour to the Baroque cities of Siracusa and Noto, and visit of the Neapolis.
- Lunch in the Baroque center.
- Afternoon visit of one of the pristine beaches close to Siracusa, probably one within the Vendicari nature preserve.
- Dinner at Villa Saracena
- Guided meditation

### September 24:

- Morning yoga practice: breath-work, vinyasa, intention.
- Breakfast.
- Tour to Agrigento. Visit of the Valley of the Temples.
- Talk about Ancient philosophy at the Temple of Concordia.
- Individual time to take photos, journal, walk around.
- Lunch at a local Olive Farm - olive oil tasting, watching the olive harvest
- Visit of the Archaeological sites at Piazza Armerina
- Return to Villa Saracena
- Dinner
- Guided yoga Nidra

### September 25:

- Morning yoga practice: breath-work, vinyasa, intention.
- Breakfast.
- Posture clinic: deepen your asana practice, learn proper alignment, get one-on-one feedback for your practice
- Boat tour along the beautiful Costa Saracena, courtesy of our landlord
- Dinner at Villa Saracena or in Brucoli (optional)
- Talk about yogic Ideas About Happiness



### September 26:

- Morning yoga practice: breath-work, vinyasa, intention.
- Breakfast.
- Tour to Taormina, meet our Chef and go shopping on the local farmer's market -> Sicilian cooking class -> Lunch
- Individual time in Taormina (shop around)
- Visit of the Greek theater in Taormina
- Visit of Isola Bella - individual time
- Option 1: Dinner in Taormina / Option 2: Return to Villa Saracena and Dinner on the terrace
- Guided Meditation/Journaling

### September 27:

- Morning yoga practice: breath-work, vinyasa, intention.
- Breakfast.
- Hike up Mount Etna / Visit Parco dell Etna.
- Walking Meditation.
- Visit of a local vineyard on volcanic soil on our way down.
- Option 1: explore the island - Tour via Tindari to Capo d'Orlando / Dinner in Capo d'Orlando or Ficarra
- Option 2: explore the island - Tour to Cefalu, Stop in Castelbuono for an afternoon gelato, Dinner in Cefalu
- Option 2: return to Villa Saracena, yoga, pool, relax

### September 28:

- Morning yoga practice: breath-work, vinyasa, intention.
- Breakfast.
- Relax at the pool or in the sauna or swim in the Mediterranean Sea.
- Posture clinic.
- Vegan cooking class.
- Personal time.
- Dinner.
- Guided meditation.

### September 29:

- Morning yoga practice: breath-work, vinyasa, intention.
- Breakfast.
- Departure / Transfer to Catania Airport.



**The fee for the retreat includes:**

- Accommodation in a single or double room for 7 nights: double-occupancy rooms are furnished with two separate twin-size beds.
- Daily maid-service, mid-week linen change.
- Guided yoga practice twice daily.
- Guided meditations and posture clinics to deepen your personal practice.
- Hands-on cooking class.
- All meals.
- Transportation from and to Catania Airport.
- Transportation to daily tours.
- Private boat tour along the pristine coastline courtesy of our nice landlord.
- Entry to Parco dell Etna.
- Entry to the Valley of the Temples in Agrigento.
- Entry to the Greek Theater and Isola Bella in Taormina.
- Entry to the Neapolis and tour of the baroque center of Siracusa.
- Entry to Roman archaeological sites in Piazza Armerina and Morgantina.
- Tour on olive farm with olive oil tasting.
- Talks about the ancient philosophy of Aristotle and the Bhagavad Gita, healthy living, honoring body and soul, and IDEAS OF HAPPINESS.

**The fee does not include:**

- \* flights
- \* travel insurance (required!)
- \* spending money for souvenirs, massages, etc.
- \* Massages can be booked at Villa Saracena for \$45.