

# BETREAT

BE present

BE peaceful



BE adventurous

BETHERE

A Tuscan retreat for women who want to live their **BEST.LIFE.EVER.**

## THE ITINERARY

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

10.10 fri

### TRAVELDAY

#### WELCOME APERITIVO

- CIRCLE EXERCISE- INTENTION SETTING

#### DINNER AT THE VILLA

- CANDLELIGHT MEDITATION

### DAY2

10.11 sat

- MORNING YOGA

#### BREAKFAST AT VILLA

- MORNING WORKSHOP SESSION

#### LUNCH AT VILLA

- LANDSCAPE PAINTING CLASS

#### DINNER AT VILLA

- SOUND HEALING

### DAY3

10.12 sun

- CACAO CEREMONY/ BREATHWORK

#### BREAKFAST AT VILLA

- MORNING WORKSHOP SESSION

#### LUNCH AT VILLA

- FREE TIME

#### WINE TASTING & DINNER OUT

- GUIDED MEDITATION

### DAY4

10.13 mon

- MORNING YOGA

#### BREAKFAST AT VILLA

- MORNING WORKSHOP SESSION

#### LUNCH AT VILLA

- PLANT RITUAL

#### PASTA MAKING CLASS & DINNER AT VILLA

- YOGA NIDRA

### DAY5

10.14 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

10.15 wed

- PARTNER YOGA

#### 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

10.16 thu

### TRAVELDAY

#### GOODBYE BREAKFAST

- INTENTION SEALING

#### MORNING DEPARTURE

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

With love,  
*Jen & Joanna*