



# Retreat Itinerary

October 7th, 2024 - October 12th, 2024 |

Umbria Italy, Europe *Itinerary is subject to change*

## DAY 1: ARRIVAL AND WELCOME

AFTERNOON	<p><b>Arrival:</b> Check into Villa Battisole</p> <p><b>Welcome Activity:</b> Detox Tea and Welcome Ceremony with Shayna</p> <p><b>Sound Healing:</b> Beautiful sound healing and stretching led by Phoebe.</p>
EVENING	<p><b>Dinner:</b> Dinner at Villa Bastille from our private chef.</p> <p><b>Relaxation:</b> Free time to rest and recharge.</p>

## DAY 2: RECONNECT WITH SELF

MORNING	<p><b>Breakfast:</b> Fresh farm to table breakfast and juices from our private chef</p> <p><b>Activity:</b> Guided meditation, journaling, and grounding with Shayna.</p> <p><b>Adventure:</b> Nature bathing group hike.</p>
AFTERNOON	<p><b>Lunch:</b> Beautiful lunch at the villa.</p> <p><b>Activity:</b> Group sharing circle.</p> <p><b>Workshop:</b> Authenticity workshop with Phoebe.</p>
EVENING	<p><b>Activity:</b> Morning Ritual Incense-making workshop.</p> <p><b>Dinner:</b> Zero-mile dinner at the villa from our private chef.</p>

## DAY 3: FOOD AS MEDICINE

MORNING	<p><b>Breakfast:</b> Fresh farm to table breakfast and juices from our private chef.</p> <p><b>Activity:</b> Yoga session.</p> <p><b>Adventure:</b> Silent walk in nature.</p> <p><b>Workshop:</b> Cooking class and gut health workshop with Shayna.</p>
AFTERNOON	<p><b>Lunch:</b> At the villa.</p> <p><b>Workshop:</b> Nutrition workshop with Shayna.</p> <p><b>Relaxation:</b> Free time for massages.</p>
EVENING	<p><b>Dinner:</b> Silent dinner to reconnect with food at our villa.</p> <p><b>Relaxation:</b> Rest and recharge.</p>

# Shayna's Kitchen

## DAY 4: CREATIVE EXPRESSION

MORNING	<b>Breakfast:</b> Farm to table breakfast and juices from our private chef <b>Activity:</b> Workout session. <b>Workshop:</b> Hand building ceramics making with Shayna.
AFTERNOON	<b>Lunch:</b> Beautiful lunch at the villas <b>Activities:</b> Olive oil harvest workshop and tasting <b>Workshop:</b> Breath work session for releasing built up stress In the body <b>Relaxation:</b> Free time to relax and/or receive massages.
DINNER	<b>Dinner:</b> Zero-mile dinner at the villa. <b>Relaxation:</b> Rest and recharge time.

## DAY 5: INTEGRATION AND FAREWELL

MORNING	<b>Breakfast:</b> Farm to table breakfast and juices from our private chef <b>Activity:</b> Morning movement. <b>Workshop:</b> Integration workshop.
AFTERNOON	<b>Lunch:</b> Beautiful lunch at the villa. <b>Free time:</b> Packing. <b>Activity:</b> Organic wine tasting and tour.
EVENING	<b>Dinner:</b> Dinner at local farm to table restaurant - Osteria De Lepre <b>Relaxation:</b> Closing group bonfire ceremony

## DAY 6: DEPARTURE

MORNING	<b>Breakfast:</b> Breakfast at the villa. <b>Departure:</b> Guest departure.
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