



Feel Groovy Retreat Application
Terrasini, Sicily
June 12-16, 2019

Name: _____

Address: _____

Phone: _____

Email: _____

How did you hear about this retreat? _____

Why are you interested in this weekend? _____

What do you expect to gain? _____

Are you willing to participate in group discussions for your benefit and the benefit of the group?

Are you excited to participate in the activities offered as part of this retreat?_____

What do you love about your life?_____

What areas in your life do you feel need improvement?_____

What are your strengths?_____

What questions do you have about me and/or this retreat?_____

Do You Have Any of the Following (check all that apply)

_____ **Food Allergies: Please Specify**_____

_____ **Food Aversions: Please Specify**_____

_____ **Medical Conditions that I should know about in the event you get sick**_____

Signature: _____

Retreat Description:

This is a five day 4 night exclusive Feel Groovy retreat in Terrasini, Sicily. Sicily is the island off the bottom of the boot of Italy. It is part of the country of Italy. Participants are responsible for flights to and from Palermo, Sicily. When I receive all of the flight information, I will work out transportation for you from the Palermo airport to your weekend home. You may have to wait a few minutes as the other guests arrive to make the most out of the shuttle.

The retreat will begin with a welcome lunch at approximately noon on Wednesday, June 12, 2019 and end after Sunday dinner (approximately 3pm) on Sunday, June 16, 2019. Plan on these activities:

- 2 Feel Groovy Talks per day
- Daily Yoga and/or exercise
- A Cooking Class
- Tour of either a winery, olive oil or other facility
- An afternoon at the beach
- Daily Siesta/Rest

If time permits:

Tour of Temple of Segesta, very well preserved Greek Temple just 28 minutes from Terrasini

What's Included?

Transportation to and from Palermo Airport

All Meals

Tours

Cooking Lesson

Daily Yoga/Exercise

All Feel Groovy Talks

Retreat Materials

1 hour 1:1 Consultation with me (\$495 value)

1 Hour Post -Retreat 1:1 Consultation via Zoom (\$495 value)

Free Download of my e-book, The Only Way is Up: Just Steph's Perspective on Life

Free lifetime access to recorded videos from my on-line course 12 Hours to Feel Groovy (\$1200 value)

And some surprises!

Your Investment in yourself:

This is a once in a lifetime opportunity for you to learn how to feel groovy like a Sicilian. You will come to understand why heart disease in these Mediterranean countries are so low. We will be adopting the schedule that Sicilians live by including diet, sleep, exercise, community, conversation, and, of course, wine. I will be melding this lifestyle with my Feel Groovy talks, concepts and personal consultations to help you adopt a Feel Groovy way to be when you leave Sicily.

We will be living in an updated 4 bedroom, 2 bath villa just a short walk to the Mediterranean Sea in part of a lovely town on the out skirts of Palermo, the capitol of Sicily.

\$2500 for a shared room (4 spots available)

\$3500 for a single room (1 spot available)