

# Feel Groovy Retreat Schedule

March 3-11, 2020

Start Time	Time Blocks
8:00 AM	1h

TIME	ARRIVAL DAY	DAY 2	DAY 3	DAY 4	DAY 5	DEPARTURE/ OPTIONAL STAY	OPTIONAL DAY
8:00 AM		Rise, typical Sicilian Breakfast, First Talk	Cli-Ice for coffee/breakfast & Talk #1	Rise, typical Sicilian Breakfast, First Talk	Cli-Ice for coffee/breakfast & Talk #1	Sleep in	Sleep in
9:00 AM		Yoga/Walk 9:30-10:30	Drive to Marsala	Yoga/Walk 9:30-10:30	Yoga/Walk 9:30-10:30	Rise, typical Sicilian Breakfast	Cli-Ice for coffee/breakfast
10:00 AM		Change for First Excursion	Tour of Florio	Grocery Shopping in Sicily	Drive to Erice	Final Talk	Drive to Palermo
11:00 AM		Santa Rosalia & Monreale 11:00-1:30	Tour of Florio	In home Cooking Lesson	Erice	Final Talk/ Discussion/Pack up	Catacombe di Cappuccini
12:00 PM		Santa Rosalia & Monreale/Lunch 11:00-3:00	Tour of Florio	In home Cooking Lesson	Erice	Cooking Sugo Domenica with Just Steph	Shopping in Palermo
1:00 PM		Santa Rosalia & Monreale/Lunch 11:00-3:00	Lunch in Trapani	Lunch	Lunch in Erice	Typical Sicilian Sunday Dinner	Shopping in Palermo
2:00 PM		Santa Rosalia & Monreale/Lunch 11:00-3:00	Drive back to Terrasini	Lunch	Drive Back to Terrasini	Clean up & Farewell	Lunch in Palermo

TIME	ARRIVAL DAY	DAY 2	DAY 3	DAY 4	DAY 5	DEPARTURE/ OPTIONAL STAY	OPTIONAL DAY
3:00 PM		Siesta	Siesta	Siesta	Siesta	Siesta	Norman Palace
4:00 PM	Welcome Reception & Introductions	Siesta/1:1 Coaching	Siesta/1:1 Coaching	Siesta/1:1 Coaching	Siesta/1:1 Coaching	Siesta	Teatro Massimo
5:00 PM	Distribution of Retreat materials & Tour of Home	Second Talk	Second Talk	Second Talk	Second Talk	Get Ready For the Evening	Drive back to Terrasini
6:00 PM	Unpack & Rest	1:1 Coaching	Walk/Exercise	1:1 Coaching	Free Time/Pack for those leaving	Happy Hour	Rest
7:00 PM	Get Ready for Dinner	Get ready for Dinner	Dinner at Home with Just Steph	Get Ready for Dinner	Get Ready for Dinner	Pizza Night	Get Ready for Dinner
8:00 PM	Dinner in the Piazza at Arabesque	Dinner Castellamare del Golfo	Dinner at Home with Just Steph	Dinner in Palermo at La Corte Dei Mangione	Dinner in Cinisi at Vitina	Pizza Night	Dinner at Castellamare del Golfo
9:00 PM	Dinner & Discussion	Dinner Castellamare del Golfo	Hot Springs	Dinner in Palermo at La Corte Dei Mangione	Dinner in Cinisi at Vitina	Drinks in the Piazza	Dinner at Castellamare del Golfo
10:00 PM	Drinks in the Piazza	Dinner Castellamare del Golfo	Hot Springs	Dinner in Palermo at La Corte Dei Mangione	Group's choice: drinks in the Piazza or Nightclub	Drinks in the Piazza	Drive home

TIME	ARRIVAL DAY	DAY 2	DAY 3	DAY 4	DAY 5	DEPARTURE/ OPTIONAL STAY	OPTIONAL DAY
11:00 PM	Back to Villa for Bed	Back to Villa for Bed	Back to Villa for Bed	Back to Villa for Bed	Group's choice: drinks in the Piazza or Nightclub	Back to Villa for Bed	Back to Villa for Bed
12:00 AM					Back to Villa for Bed		

<b>TIME</b>	<b>OPTIONAL DAY</b>	<b>OPTIONAL DEPARTURE DAY</b>
8:00 AM	<b>Cli-Ice for coffee/breakfast</b>	<b>Sleep in</b>
9:00 AM	<b>Drive to Outlets</b>	<b>Rise, typical Sicilian Breakfast</b>
10:00 AM	<b>Drive to Outlets</b>	<b>Pack up/Clean</b>
11:00 AM	<b>Drive to Outlets/ Shopping</b>	<b>Farewell</b>
12:00 PM	<b>Shopping</b>	<b>Prepare Villa for New Guests</b>
1:00 PM	<b>Shopping/Lunch</b>	<b>Prepare Villa for New Guests</b>
2:00 PM	<b>Drive to Agrigento</b>	<b>Prepare Villa for New Guests</b>

<b>TIME</b>	<b>OPTIONAL DAY</b>	<b>OPTIONAL DEPARTURE DAY</b>
3:00 PM	<b>Agrigento</b>	
4:00 PM	<b>Agrigento</b>	
5:00 PM	<b>Drive back to Terrasini</b>	
6:00 PM	<b>Drive back to Terrasini</b>	
7:00 PM	<b>Rest</b>	
8:00 PM	<b>Get Ready for Dinner</b>	
9:00 PM	<b>Last Night in Terrasini- Arabesque</b>	
10:00 PM	<b>Arabesque/Drinks</b>	

TIME	OPTIONAL DAY	OPTIONAL DEPARTURE DAY
11:00 PM	<b>Back to Villa for Bed</b>	
12:00 AM		

# Weekly Schedule

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							

