

Soul Journey Retreat with Just Steph, Sicily

September 14-23 2021

And

September 28-October 7, 2021

Start Time	Time Blocks
7:00 AM	1h

TIME	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
8:00 AM			15 min Meditation Breakfast/First Talk	15 min Meditation Breakfast/First Talk	15 min Meditation Breakfast/First Talk	Sleep in/Optional Yoga/Walk	15 min Meditation Breakfast/First Talk	15 min Meditation Breakfast/First Talk	15 min Meditation Breakfast/First Talk	Departures
9:00 AM			Depart for Santa Rosalia	Depart for La Martorano	Depart for Marsala	15 min Meditation Breakfast/First Talk	Depart for Bono Olive Oil & Sciaccia	Depart for San Vito lo Capo Beach Day	Depart for Piana degli Albanese	
10:00 AM		European Departures	9:30 -11:00 Santa Rosalia - Healing Circle	9:30 - 11:00 Santa Maria dell'Amiraglio - Healing Meditation	10:30 Wine Tasting in Marsala	Depart for Erice	Drive to Sciaccia	San Vito	Chiesa della Madonna - Meditation/ Healing Circle	
11:00 AM			Depart for Catacombe di Cappucini	11:00 Depart for Monreale	Wine Tasting in Marsala	Scavenger Hunt in Erice	Bono Olive Oil Tour	San Vito	Cannolo @ Kalinikta	
12:00 PM			11:30 - 12:30 Catacombe di Cappucini	11:30 - 1:00 Monreale Tour	Depart for Scopello for shopping & lunch	Scavenger Hunt in Erice	Sciaccia-Madonna Del Soccorso	San Vito	Montelepre	
1:00 PM			Lunch in Mondello	Monreale 1:30 Lunch by the Cathedral	Lunch/Walk around Scopello	Lunch in Erice: Belvedere San Nicola Catalano	Lunch in Sciaccia	Lunch on the beach	Lunch in Montelepre	
2:00 PM		Arrival in Sicily	2:00 Depart for Terrasini	2:00 Depart for Terrasini	2:00 Depart for Terrasini	2:00 Depart for Terrasini	Sciaccia- Ceramics/ Shopping	Depart for Terrasini	Depart for Terrasini	
3:00 PM		Check in Casa Manzella	Siesta/ 1:1 Conferences	Siesta/ 1:1 Conferences	Siesta/ 1:1 Conferences	Siesta/ 1:1 Conferences	Depart for Terrasini	Siesta/ 1:1 Conferences	Siesta/ 1:1 Conferences	
4:00 PM		Unpack/Rest/ Freshen Up	Yoga	Yoga	Yoga	Siesta/ 1:1 Conferences	4:30 Siesta	Yoga	Siesta/Pack & Organize for Departure	
5:00 PM	Depart US	5:30 Welcome Reception & Social	Siesta/ 1:1 Conferences	Siesta/ 1:1 Conferences	Siesta/ 1:1 Conferences	Siesta/ 1:1 Conferences	Siesta/ 1:1 Conferences	Siesta/ 1:1 Conferences	Pack & Organize for Departure	
6:00 PM		Introductory Talk Q&A	Coffee in Cli-Ice Second Talk/ Social	Coffee in Cli-Ice Second Talk/ Social	Coffee in Cli-Ice Second Talk	Free Time/Coffee @ Cli-Ice	Cooking Lesson with Salvo	Depart for Tarantola Winery	Final Talk /Next Steps	

TIME	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
7:00 PM		Cocktail Hour 7:30 Meet Claudio	Depart for Castellamare	Depart for Palermo	Cocktails in the Piazza/Social	Cocktail Hour	Cooking Lesson with Salvo	Winery Tour	Cocktails in the Piazza	
8:00 PM		Dinner @ Arabesque	Dinner on the Water	Dinner at La Corte dei Mangione	Pizza in the Piazza	Supper with Sicilians	Dinner with Salvo	Dinner @ Tarantola Winery	Farewell Dinner @ Albertini in the Piazza	
9:00 PM		Dinner @ Arabesque	Dinner on the Water	Dinner at La Corte dei Mangione	Pizza in the Piazza	Supper with Sicilians	Dinner with Salvo	Dinner @ Tarantola Winery	Dinner @ Albertini in the Piazza	
10:00 PM		Cocktails/Coffee/ Dessert in the Piazza	Depart for Terrasini/Bed	Depart for Terrasini/Bed	Cocktails in the Piazza/Free time	Supper with Sicilians	Cocktails/Social	Depart for Terrasini/Bed	Dinner @ Albertini in the Piazza	
11:00 PM		Lights Out	Lights Out	Lights Out	Lights Out	Lights out	Lights Out	Lights Out	Lights Out	
12:00 AM										
1:00 AM										

Schedule

10/25/2020

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY