

Soul Journey Retreat with Just Steph, Sicily

Sample Itinerary 10 Days/8 Nights

Start Time	Time Blocks
7:00 AM	1h

TIME	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
8:00 AM			15 min Meditation Breakfast	Sleep in/ Breakfast	15 min Meditation Breakfast	15 min Meditation/Walk/ Breakfast	15 min Meditation/Walk/ Breakfast/First Talk	15 min Meditation Breakfast	15 min Meditation/Walk/ Breakfast/First Talk	Departures
9:00 AM			Walk by The Sea	15 min Meditation Walk by the Sea	Walk by The Sea	Depart for Sciacca	Depart for Marsala	Erice	Depart for San Vito lo Capo Beach Day	
10:00 AM		European Departures	9:30 -11:30 Santa Rosalia - Healing Circle	Walk & Coffee	Coffee & Depart for Monreale	Drive to Sciacca	10:30 Wine Tasting in Marsala	Scavenger Hunt in Erice	San Vito	
11:00 AM				Free Time	11:00 Monreale	Sciacca-Madonna Del Soccorso	Wine Tasting in Marsala	Scavenger Hunt in Erice	San Vito	
12:00 PM			11:30 - 1:30 Catacombe di Cappucini	Free Time	Monreale	Sciacca- Shopping/Tour	Depart for Scopello for shopping & lunch	Shopping in Erice	San Vito	
1:00 PM			1:30 Lunch in Mondello @ Marino	Sugo Domenica with Steph	Monreale 1:30 Lunch by the Cathedral	Lunch in Trattoria al Faro	Lunch/Walk around Scopello @ il Baglio	Lunch in Trapani	Lunch on the beach	
2:00 PM		Arrival in Sicily	2:30 Depart for Terrasini	Sugo Domenica with Steph	2:00 Depart for Terrasini	Healing Springs of Sciacca	2:00 Depart for Terrasini	2:00 Depart for Terrasini	Depart for Terrasini	
3:00 PM		Check in Casa Manzella	Siesta	Siesta	Siesta	Depart for Terrasini	Siesta	Siesta	Siesta	
4:00 PM		Unpack/Rest/ Freshen Up	Siesta/Freshen Up For The Evening	Siesta	Leave for Tarantola	4:30 Siesta	Siesta/Freshen Up For The Evening	Siesta/Freshen Up For The Evening	Siesta/Pack & Organize for Departure	
5:00 PM	Depart US	5:30 Welcome Reception & Social	1:1 With Steph	1:1 With Steph	Tarantola Winery Tour	1:1 With Steph	1:1 With Steph	1:1 With Steph	Pack & Organize for Departure	
6:00 PM		Introductory Talk Q&A	Coffee in Cli-Ice Social	Cook with Steph	Cooking Lesson @ Tarantola Winery	Coffee in Cli-Ice Social	Coffee in Cli-Ice Second Talk	Free Time/Coffee @ Cli-Ice	Final Talk /Next Steps	
7:00 PM		Cocktail Hour 7:30 Meet Claudio	Depart for Castellamare	Cook with Steph	Cooking Lesson @ Tarantola Winery	Cocktails in the Piazza	Cocktails in the Piazza/Social	Cocktail Hour	Cocktails in the Piazza	
8:00 PM		Dinner @ Arabesque	Dinner on the Water @ Booga Wooga	Supper with Sicilians	Dinner @ Tarantola Winery	Dinner @ Blue Sky	Pizza @ Zio's Restaurant	Dinner @ Bird	Farewell Dinner in the Piazza @ Sikaru	

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9:00 PM		Dinner @ Arabesque	Dinner on the Water @ Booga Wooga	Supper with Sicilians	Dinner @ Tarantola Winery	Dinner @ Blue Sky	Pizza @ Zio's Restaurant	Dinner @ Bird	Dinner in the Piazza @ Sikaru	
10:00 PM		Cocktails/Coffee/Dessert in the Piazza	Depart for Terrasini/Bed	Supper with Sicilians	Depart for Terrasini/Bed	Cocktails/Coffee/Dessert in the Piazza	Cocktails in the Piazza/Free time	Cocktails in the Piazza/Free time	Cocktails/Coffee/Dessert 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										

