

# 7-DAY LUXURY WELLNESS RETREAT PROGRAM

## Day 1>

- arrival from 2 PM
- welcome + group health coaching session
- Sunset aperitive

## Day 2>

- 8 AM morning meditation and yoga
- 9.30 AM breakfast
- 11 AM group health coaching session
- 1 PM lunch
- Free time after lunch
- 3 PM natural painting workshop
- 7.30 PM dinner
- Free time after dinner

## Day 3>

- 8 AM morning meditation and yoga
- 9.30 AM breakfast
- 11 AM group health coaching session
- 1 PM lunch
- Free time after lunch
- 4 PM tour with explanation on the olive oil making process + olive tasting

- 6 PM aperitive with sunset
- Free time after dinner

## Day 4>

- 7.30 AM morning meditation and yoga
- 9 AM breakfast
- 10.30 AM departure for Bolsena Lake tour
- 6.30 PM back from the tour + relaxing time
- 7.30 PM dinner
- Free time after dinner

## Day 5>

- 8 AM morning meditation and yoga
- 9.30 AM breakfast
- 11 AM group health coaching session
- 1 PM lunch
- Free time after lunch
- 4 PM vegetarian Italian cooking workshop
- 7.30 PM dinner with food cooked from the workshop
- Free time after dinner

## Day 6>

- 8 AM morning meditation and yoga
- 9.30 AM breakfast
- 11 AM group health coaching sessions
- 1 PM lunch
- Free time after lunch
- 7.30 PM dinner
- Free time after dinner

## Day 7>

- 8.30 AM breakfast
- 10 AM farewell and thank you
- 11 AM check out