

Tuscany Retreat Itinerary

The retreat is intentionally designed with balance

DAY ONE - ARRIVE & ARRIVE WITHIN

Travel from Airport to the monastery, settle into your room, meet the group, and begin the retreat with an opening Temazcal ceremony and welcome experience.

DAY TWO - RELEASE

Begin with movement and meditation before settling into the rhythm of retreat life.

Experience guided wellness practices, nourishing meals, personal time, and a Blue Lotus ceremony designed to create space for release and renewal of the heart.

DAY THREE - RECONNECT

A day of movement, breathwork, ice-bath, sound, connection, and exploration of the senses, with generous time to rest and enjoy the sanctuary.

DAY FOUR - RENEW

Gather for practices and experiences, including ancestral sounds ceremony, reflection, and a powerful opportunity to consider what you are ready to cultivate in the season ahead.

DAY FIVE - INTEGRATE & RETURN

Close the retreat with movement, reflection, connection, and space to integrate the experience before beginning your journey home.

The itinerary may be adjusted slightly according to the group, venue, weather, or operational considerations.