

BODY-MIND-TUSCANY Meta-Well-Being Get-Away 12th – 19th May 2018 - Itinerary - 7 Days Of BLISS Starts HERE!!!

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Arrival and Welcome: Meet n Greet; Susan, Megan & Paola	Wake-up, Revitalise at Sunrise: YogaEvolution Megan	Wake-up, Revitalise at Sunrise: YogaEvolution Megan	Wake-up, Revitalise at Sunrise: YogaEvolution Megan	Wake-up, Revitalise at Sunrise: YogaEvolution Megan	Wake-up, Revitalise at Sunrise: YogaEvolution Megan	Wake-up, Revitalise at Sunrise: YogaEvolutionMegan
	Super Smoothie	Super Smoothie	Super Smoothie	Super Smoothie	Super Smoothie	Super Smoothie
Introductions with a 'fizz' - Prosecco	Walk - Appreciation & Gratitude - Susan	Walk – Peace & Being Susan	Walk – Serenity & Mindfulness - Susan	Walk – Fun & Joy Susan	Walk – Love & Silence - Susan	Walk – Freedom & Freestyle - Susan
Acclimatising Time	Conscious Preparation of Food for Shared Brunch	Conscious Preparation of Food for Shared Brunch	Conscious Preparation of Food for Shared Brunch	Conscious Preparation of Food for Shared Brunch	Conscious Preparation of Food for Shared Brunch	Conscious Preparation of Food for Shared Brunch
YogaEvolution Megan	<i>'Relax-Release-Renew'</i> MWB Group Session With Susan Gardner	<i>'Relax-Release-Renew'</i> MWB Group Session With Susan Gardner	<i>'Relax-Release-Renew'</i> MWB Group Session With Susan Gardner	<i>'Relax-Release-Renew'</i> MWB Group Session With Susan Gardner	<i>'Relax-Release-Renew'</i> MWB Group Session With Susan Gardner	<i>'Relax-Release-Renew'</i> MWB Group Session With Susan Gardner
Brunch	Bliss Time - Susan	Bliss Time - Susan	Bliss Time - Susan	Bliss Time - Susan	Bliss Time - Susan	Bliss Time - Susan
Free Time	Free Time:	Free Time:	Free Time:	Free Time:	Free Time:	Free Time
First Evening: 'Wellbeing Intentions' Meditation	Chill-Out at The Villa OR... Explore the area: Do your own thing!	Chill-Out at The Villa OR... Explore the area: Do your own thing!	Chill-Out at The Villa OR... Explore the area: Do your own thing!	Chill-Out at The Villa OR... Explore the area: Do your own thing!	Chill-Out at The Villa OR... Explore the area: Do your own thing!	Last Evening: 'Wellbeing4Life Wisdom'
Pasta Dinner						Tuscan Organic Dinner + Celebrations
Stargazing						Moonbathing

OPTIONAL 1:1 Meta-Well-Being Consultation with Susan to fit in with your schedule – agree a mutual time slot; allow up to 1.5 hours.

PINK : Morning

BLUE : Afternoon

Your Facilitator is Susan Gardner: +44 (0)7866 695 176



Meta-Well-Being
Living in the NOW