

BODY-MIND-TUSCANY Meta-Well-Being Get-Away 19th – 26th May 2018 - Itinerary - 7 Days Of BLISS Starts HERE!!!

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Arrival and Welcome: Meet n Greet; Susan, Sughra, Anna & Paola	Wake-up, Revitalise at Sunrise: Gorgeous Gentle Yoga Anna	Wake-up, Revitalise at Sunrise: Gorgeous Gentle Yoga Anna	Wake-up, Revitalise at Sunrise: Gorgeous Gentle Yoga Anna	Wake-up, Revitalise at Sunrise: Gorgeous Gentle Yoga Anna	Wake-up, Revitalise at Sunrise: Gorgeous Gentle Yoga Anna	Wake-up, Revitalise at Sunrise: Gorgeous Gentle Yoga Anna
Introductions with a 'fizz' - Prosecco	Super Smoothie Walk - Appreciation & Gratitude - Susan	Super Smoothie Walk – Peace & Being Susan	Super Smoothie Walk – Serenity & Mindfulness - Susan	Super Smoothie Walk – Fun & Joy Susan	Super Smoothie Walk – Love & Silence - Susan	Super Smoothie 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
Yoga Anna	<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	Body-Mind-Bliss Time Sughra	Body-Mind-Bliss Time Sughra	Body-Mind-Bliss Time Sughra	Body-Mind-Bliss Time Sughra	Body-Mind-Bliss Time Sughra	Body-Mind-Bliss Time Sughra
Free Time	Free Time:	Free Time:	Free Time:	Free Time:	Free Time:	Free Time
Welcome to Week and Weekend Guests Evening:	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!	Farewell to Week Guests Evening: <i>'Wellbeing4Life Wisdom'</i>
<i>'Wellbeing Intentions' Meditation</i>		Farewell to Weekend Guests	Welcome to Mid-Week Guests		Farewell to Mid-Week Guests	Tuscan Organic Dinner + Celebrations
Traditional Pasta Dinner	Informal Dinner	Informal Dinner	Informal Dinner	Informal Dinner	Informal Dinner	
Stargazing						Moonbathing

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

PINK : Morning

BLUE : Afternoon

Facilitator & Women's Wellbeing Specialist is Susan Gardner: +44 (0)7866 695 176

Body-Mind Holistics Expert is Sughra Kaliq and Yoga Mindfulness Teacher is Anna Morrone



Meta-Well-Being
Living in the NOW