



## Welcome to Sicily

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### What's included, what's not

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- ✓ **Accommodations:** Luxury stay at the Grand Hotel Baia Verde
- ✓ **Excursions:** A variety of local excursions, designed to capture the beauty of Sicily.
- ✓ **Tansfers:** Group transfer to/from CTA airport
- ✓ **Deep daily practice:** Daily practice curated specifically to deepen your connection and to work with the flow of the retreat.
- ✓ **Welcome & Farewell dinners:** Delicious meals together to start your combined journey and to end in gratitude and reflection.
- ✓ **Guide & Driver:** A group guide and driver to ensure you truly capture the details of Sicily and your excursions are safe, timely and secured.

#### What's not included

- ✗ **Airfare:** Each person is personally responsible for their airfare to/from CTA (Catania Airport).
- ✗ **Alcohol**
- ✗ **Trip Insurance:** This is not mandatory but HIGHLY suggested. Protecting your self-care investment is important.

### Day 1 Arrival & Welcome Dinner

Grand Hotel Baia Verde

Arrive at Catania airport and meet your private group transfer to the Grand Hotel Baia Verde. Check-in Relax Explore Later join the Opening Ceremony and the Welcome Dinner enjoying Sicilian delicacies.

🍴 Meal

🚗 Transport

🏠 Hotel Baia Verde

Via A. Musco 8/10 95021 Acicastello (CT)

🌐 [Website](#)



## Day 2 - Yoga & Taormina Discovery

Breakfast at the hotel. Start with a delicious breakfast and daily flow. Later meet your guide to discover the coast of Aci Castello by swimming and snorkelling among its curious underwater volcanic formations, you'll see hundreds of multi- coloured fish and countless species of marine plants. If you've never seen columns of solidified lava, this is your chance! After lunch (not included) transfer to Taormina. Meet the local guide and visit the hilltop town; visit the Ancient Greek Theatre (Teatro Greco): Explore this 3rd-century BC amphitheatre, one of Sicily's most iconic sites, with panoramic views of Mount Etna and the sea. Walk along the main street, browse boutiques, admire Baroque churches, and stop at Piazza IX Aprile for breathtaking views. On the way back, panoramic view of Isola Bella and Ionian Sea. Return at the hotel. Dinner at leisure. Overnight.

## Day 4 - Free Day & canoeing activity at the sunset

AM practice and flow. Breakfast then Free day till optional workshop - 5 PM Now it's time to breathe adventure, nature, legends. All this only a few paddle strokes away from the Faraglioni of Aci Trezza, one of the most evocative areas of the Riviera dei Ciclopi and Sicily. We will join a one-hour canoe tour among volcanic rocks rising majestically from the sea, the scene of Ulysses' epic challenge against sea monsters and the legendary clash with Polyphemus. After introductions, the guide will take you to the stacks of Aci Trezza where we can admire the columnar basalts, peculiar volcanic effusions that only exist here and in Iceland. These are the famous Cyclops rocks, which, according to legend, were thrown by Polyphemus against Ulysses. The excursion takes place in a protected marine area, accessible only by sea, where you can enjoy an unspoilt landscape. And, if you wish, you can also take a refreshing swim or climb one of these stacks for an even more spectacular view. Return at the hotel. Dinner at leisure. Overnight.

## Day 5 - Syracuse & Ortigia Island

Breakfast at the hotel. Morning: Yoga + journaling session (at your own, yoga room to be rent). Private transfer to Siracusa, the largest city of antiquity founded in 734-733 BC with the name of Syraka. We will meet our local guide directly in Ortigia and together with her we will take a walking tour through the charming alleys of the city centre. At the end of the tour we will head to the pier from which our boat experience will start: a 2-hour tour around the peninsula, the discovery of the sea caves, the possibility of swimming or snorkeling, with fruit and prosecco on board. Late lunch at your on own. Return at the hotel. Sunset: Rooftop yoga flow (at your own, yoga room to be rent). Dinner at leisure.

## Day 6 - Modica & Ragusa Ibla

Breakfast at the hotel, departure to Modica which is like stepping into a baroque postcard. Nestled among hills, the town is famous for its dramatic architecture, particularly the stunning Cathedral of San Giorgio, perched above a scenic staircase. Wandering its narrow, winding streets, you'll discover artisan shops, hidden courtyards, and breathtaking views. A highlight is tasting Modica's unique chocolate, made using an ancient Aztec method that leaves it grainy and intensely flavorful. Follows a stop in Ragusa Ibla, a town that seems to have been carved directly into the rock. The elegance of the architecture of the village and a maze of narrow streets will show you a real baroque jewel! Interesting to see the ancient portal of San Giorgio and the current Cathedral of San Giorgio that will show us the greatness and grandeur of the late Sicilian Baroque. Return at the hotel. Farewell dinner and closing Ceremony:

## Day 7 - Departure

Breakfast, gratitude and farewell. We invite you to depart beautiful Sicily with forever memories, a powerful sense of connection and gratitude. Group transfer to the airport for departure,