



Spirit of Sicily—2024

Sicily, Italy



Sicilia

Sicily is an autonomous island region of Italy that is located in the Mediterranean Sea. It has its own distinct culture.

Primary language is Italian, but each region has its own distinct language.



Retreat Location

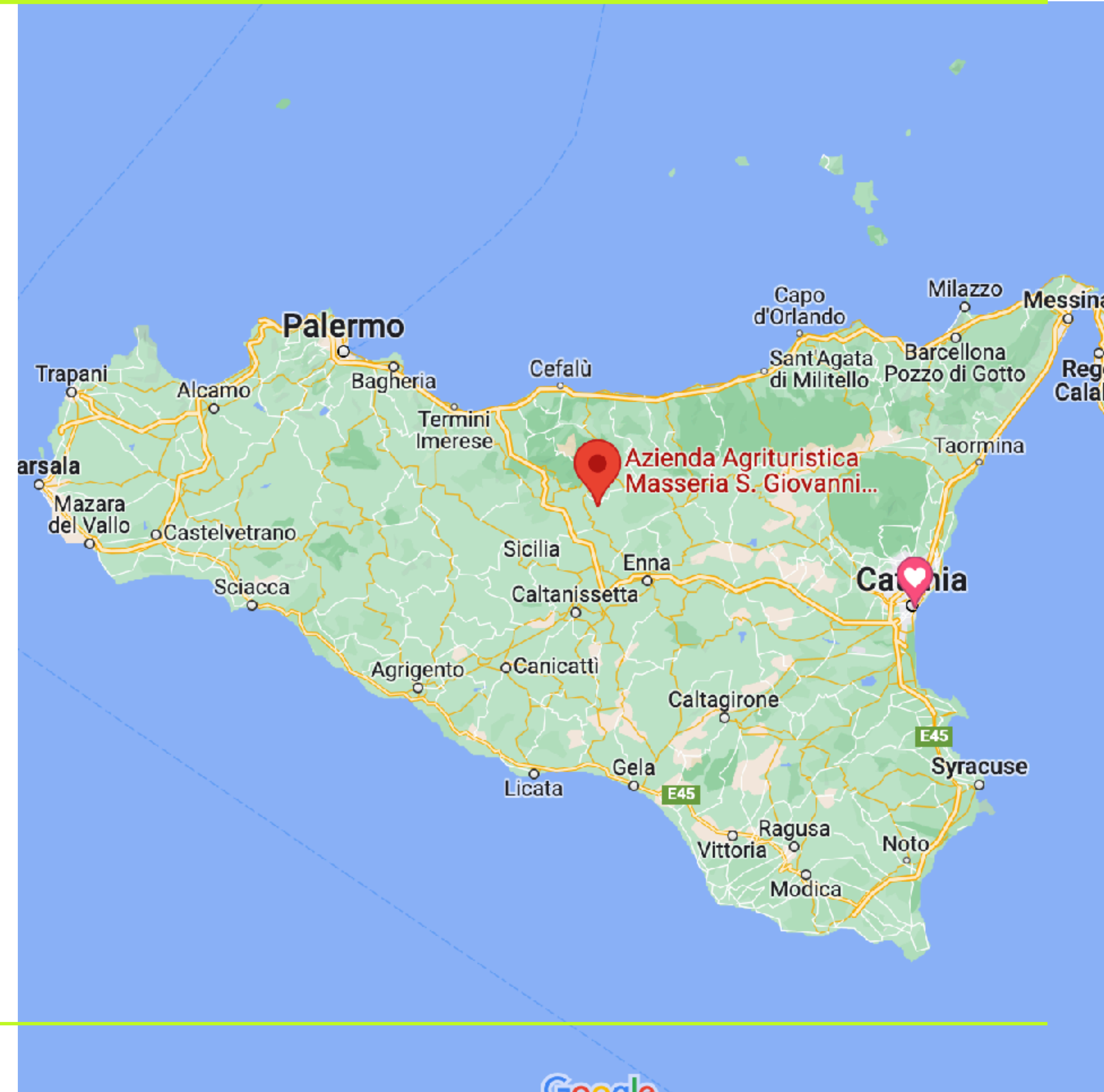
Sicilian host name: Antoinetta Sgadari

Masseria San Giovanni Sgadari

via Litterio Sgadari 1,

San Giovanni Sgadari 90026 –

Petralia Soprana (Palermo)







Dates

- Saturday, June 29 PM (arrive after 5 pm)
- Saturday, July 6 AM (out by 10 AM)
- 2024
- Please arrive either before June 29, or early in the morning. We convene at the Catania Airport for Shuttle to the Masseria.







Included in your fee

- Room and Board —7 nights, 8 days
- Shuttle and driver tips from Catania, and during two excursions
- Full use of facilities, lounges, wifi, & grounds
- Coffee, Tea, Water, Juice, Fruits, Biscuits (offered all day)
- Brunch and Dinner (excursions still have meals)
- Daily swimming and full use of pool
- Two group day trips: Cefalú and one TBA
- Yoga Classes, Meditation, and More
- Laundry (washer only, air dry in Sicilian Sun)



Your own expense

- Airline tickets and other traveling expenses (passport, hotels, etc...)
- Personal expenses
- Wine/soft drinks/ espresso during retreat
- Food/meals outside of retreat dates/times
- Restaurant meals during excursions
- Ayurvedic massage
- Optional wine tour
- Extra excursions or outings
- Optional tips for chefs and attendants
- **Exit shuttle on Saturday, July 6**



Arrival Saturday, June 29

- Meet at Catania Fontanarosa Airport, Catania Sicily, Saturday, June 29 (afternoon approximately 3-5 pm, exact time will be sent later)
- Location: in Arrivals at airport (lower level) near cafes. Its not a huge airport.
- Shuttle from airport to center (approximately 2 hour shuttle ride)
- Settle in
- Dinner
- Sleep



Key Activities

- Yoga, Pranayama, Meditation, and Satsang (gatherings for community discussion, topics each day)
- Nature altars, outdoor creativity and exploration
- Food preparation—the center has gardening opportunities and cooking opportunities! More info coming on arrival.
- Daily swimming
- Two group day trips: Cefalú and one TBA
- Your choice extras: Day trips outdoors, massage, Wine Tour, and more! **(Additional expense)**
- Also added expense: wine at meals, soft drinks, espresso, and personal expenses



Other notes

- Be prepared to hang your laundry in the Sicilian Sun
- It's hot in the day but cool at night!
- Good walking shoes and a hat for that sun
- Have a bug spray or balm, mosquitos can be bad at night
- Bottled water while traveling is a good idea
- Have a DC outlet converter for all items that plug in

Daily Agenda

Rough estimate only, subject to change on arrival

- Teas, coffee, fruit, and light fare in the early morning (espresso is offered in the kitchen at an added expense)
 - 8:30 AM Morning Meditation
 - 8:45 AM Pranayama
 - 9-10:30AM Yoga Asana
 - 11:00 AM Brunch—full breakfast and lunch options
 - 12-3:00 PM—open times (or excursions on Tuesday and Thursdays)
 - 4-5:30 PM Afternoon Gathering (changes daily—yoga or creativity, full schedule later)
 - 6-7 open time
 - 7 PM Dinner
 - 8:00 PM Dinner...it lingers, conversation, swimming, etc...
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Excursions

- Cefalú
- Extra TBA

Aiming for Tuesday to Cefalú and
Thursday for second trip
Will confirm later



Cefalù Drone Tour



PROWALK
TOURS

Cefalù

- The Unique Hillscape
- Castle Ruins
- Beautiful Beachfront
- Cefalu Cathedral
- Madonie Park
- Delicious Sicilian Cuisine
- Quaint Historic Streets
- Video

Fun Facts About Sicily!

- Population is around 5 million people
 - The Sicilian language is still spoken on the island.
 - Some of the best-preserved Greek ruins outside of Greece are in Sicily.
 - One of the most famous Italian novels is set in Sicily.
 - Sicily makes delicious wine.
 - Sicily was once its own independent state.
 - Sicily makes delicious everything because of Mt. Etna
 - Sicily has been ruled by many of Europe's most famous empires including the Ancient Greeks, the Byzantines, the Romans, the Arabs, and the Normans!
 - Sicily is technically still an autonomous region of Italy (more so on paper than in practice)
 - Mount Etna is the tallest active volcano in Europe
 - Sicily is the largest island in the Mediterranean Sea
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Cost: Deposit- online \$520 (\$20 processing fee)

Single Room \$3000 (additional person, shared bed \$2500)

Double Room \$2500 per person

Flight details and all forms

please send to me!

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The best spirit and mindset for travel

Be Open
Feel Curious
Be Patient











