

## ***Rest and Recuperation:***

***A retreat to pamper yourself, recharge you energy and boost your wellbeing***

***FROM SATURDAY SEPTEMBER 9 TO FRIDAY SEPTEMBER 16, 2016***

***7 days / 6 nights***

### **ITINERARY**

	<b>Morning</b>	<b>Lunch</b>	<b>Afternoon</b>	<b>Dinner</b>	<b>After dinner</b>
SAT 9	Fiumicino Airport transfers to the Agriturismo in Bagnoregio, Viterbo (1.15 h) Shuttles available at 1,00 pm and 6,00 pm*	Free	Free	Welcome dinner at the Agriturismo featuring farm fresh organic products	Meditation activity (1 h)
SUN 10	8,30 am yoga class (1h) 9,30 am breakfast 10,30 am departure to Civita di Bagnoregio for a guided tour of the village	Lunch in Civita di Bagnoregio featuring authentic local dishes	Creative painting activity at the Agriturismo (2h)	Dinner at the Agriturismo featuring farm fresh organic products	Meditation activity (1h)
MON 11	8,30 am yoga class (1h) 9,30 am breakfast 10,30 am departure to Viterbo for a guided tour of the town	Lunch in Viterbo featuring authentic dishes from Tuscia culinary tradition	Terme dei Papi thermal spa for rejuvenating bath (3h)	Dinner at the Agriturismo featuring farm fresh organic products	Meditation activity (1h)
TUE 12**	8,30 am yoga class (1h) 9,30 am breakfast 10,30 am grape harvest at the Agriturismo	Harvesting picnic	Grape pressing	Dinner at the Agriturismo featuring farm fresh organic products	Creative painting activity (2h)
WED 13	8,30 am yoga (1h) 9,30 am breakfast 10,30 am departure for an excursion to the Farnese hermitages	Picnic on the site	Creative painting at the Agriturismo (2h)	Dinner at the Agriturismo featuring farm fresh organic products	Meditation activity (1h)
THU 14	8,00 am meditation activity (1h) 9,00 am breakfast 10,00 am departure to Rome 11,30 check in	Lunch in Rome center featuring authentic dishes of the Roman culinary tradition	Guided tour of Rome center	Free	Free
FRI 15	Check out and transfers to Fiumicino Airport. Shuttles available at 8,00 am and 12,00 pm*				

\*The shuttles time will be adapted to the real arrival and departure time of the participants.

\*\*In case the grape season will be late and harvesting will not be possible, the activity will be replaced by a winery tour with lunch and wine tasting.

In case the weather conditions will not allow the organizer to perform one or more activities of the programmed itinerary, the activities will be replaced with visits to museums and other indoor touristic sites.

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