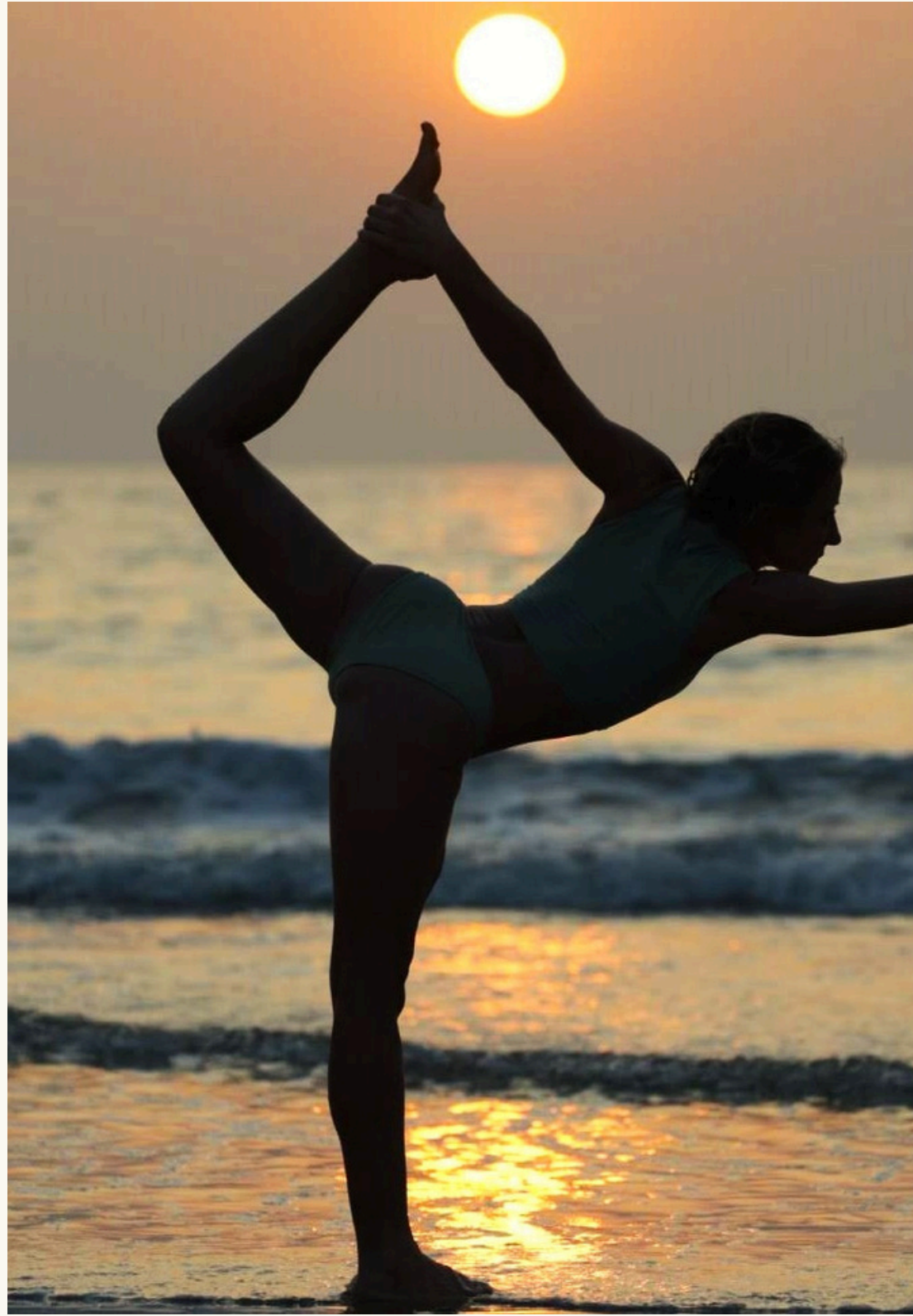


# YOGA & WELLNESS RETREAT IN SICILY

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26 October - 1 November 2025

1 WEEK OF  
COMPLETE  
FOCUS ON  
YOUR  
BODY,  
MIND &  
SOUL



# DAILY PROGRAM

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## YOGA, BREATHE, RELAX, REPEAT

07:00 - 09:00: Outdoor yoga class,  
breathwork & meditation.

09:00 - 10:00: Sicilian style breakfast

11:00 - 14:00: Workshop or excursion

14:00 - 15:00: Pranzo (lunch)

15:00 - 19:00: Free time

19:00 - 20:00: Guided meditation



# YOUR LUXURY ACCOMMODATION

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## RECONNECT WITH YOUR SOUL IN THE MIDDLE OF NATURE

A single or shared room (twin occupancy) in a beautifully designed room with outdoor seating area.

Breakfast on the terrace with sea view, a salt water swimming pool, a sauna, a shared living room and kitchen and a traditional Mongolian yurt. Set on a hill with centennial olive trees and with a view on the Etna volcano.



# WORKSHOPS & EXCURSIONS

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WE OFFER THE PERFECT  
BLEND OF DEEPENING  
YOUR YOGA PRACTICE &  
SICILIAN DOLCE VITA

26 October: Opening Circle &  
healing sound bath.

27 October: Pilates class.

28 October: Excursion to Cava  
Grande with yoga by the  
waterfalls & picnic.

29 October: Meditation  
workshop: Tame the Tiger within.

30 October: Excursion to  
Marchese beach.

31 October: Pulso & Impulso  
workshop

1 November: Healing Sound bath  
& closing circle



# YOUR TEACHERS

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## OUR TEAM OF INTERNATIONAL PROFESSIONALS WILL GUIDE YOU WITH CARE

Anthony Farese: Co-host & music therapist

JC Lamy: Tibetan Buddhist  
Dharma & Meditation teacher

Giovanni Reali: Actor, dancer and  
theatre director

France-Alexandra Vigouroux:  
Psychotherapist, trance  
therapist, kinesiologist, massage  
therapist

Kris Dashorst: Co-host and yoga  
teacher



# PACKAGE & PRICES

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## SICILY IS WAITING FOR YOU...

Retreat Package price p.p. (single occupancy): EUR 1500

EARLY BIRD: EUR 1275

Retreat Package price p.p. (twin occupancy): EUR 1250

EARLY BIRD: EUR: 1050

Package includes: Stay in a single or twin room, 2 healthy vegetarian (vegan friendly) meals a day, unlimited water and herbal tea, ALL classes, workshops & excursions\*

\*Classes, workshops & excursions are included in the package price, but without an obligation to participate.

NOT INCLUDED: FLIGHTS, AIRPORT

TRANSFER, ADDITIONAL EXPENSES MADE DURING EXCURSIONS, FOOD & DRINKS OUTSIDE OF THE RETREAT PACKAGE.



# YOGA & WELLNESS RETREAT IN SICILY

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26 October - 1 November 2025

YOGA  
BREATHE  
RELAX  
REPEAT

BOOK YOUR SPOT NOW BY  
WHATSAPP: KRIS 0031-681630901

FOR MORE INFORMATION VISIT:  
[HTTPS://WILDHEARTSSICILY.MY.CANVA.SITE](https://wildheartssicily.my.canva.site)

