

# Tuscany Retreat: Daily Schedule

	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
7:00		Practice	Practice	Practice	Practice	Practice	Practice	
8:00		Practice	Practice	Practice	Practice	Practice	Practice	
9:30		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10:00			Pitigliano +		Sienna +			Shuttles Depart
11:00		(Walking Meditation)	Pitigliano +		Sienna +		(Walking Meditation)	
12:00			Pitigliano +		Sienna +			
13:00		(Sitting Meditation)	Pitigliano +	(Sitting Meditation)	Sienna +	(Sitting Meditation)	(Sitting Meditation)	
14:00		Lunch	Pitigliano +	Lunch	Sienna +	Lunch	Lunch	
15:00			Pitigliano +	Cooking Class	Sienna +			
16:00		Practice	Saturnia	Cooking Class	Sienna +	(Walking Meditation)		
17:00	Shuttles Arrive	Practice	Saturnia	Practice	Sienna +	Sound bath	Practice	
18:00	Opening Circle		Saturnia	Practice	Montechiaro	Sound bath	Closing Circle	
19:00	Dinner	Wine tasting			Montechiaro			
20:00		Dinner	Dinner	Dinner	Montechiaro	Dinner	Dinner	

**\*All Activities Subject To Change**

\*Practice times will run approximately 90-120 minutes

\*(activities in parentheses) are optional and self led