

# REST & RESET RETREAT

## 7 nights/8 day D,B&B INCLUSIVE retreat

This programme is designed to be as flexible and easy going as possible. We like to call it RETREAT LITE 😊 There are opportunities for activities such as cookery classes, guided hiking, cold water swimming and meditation. Guests are encouraged to explore the local villages, mountains and beaches. Lifts can be provided to local towns. Bike hire (including electric), reflexology massage and private yoga classes can also be arranged. Picnic lunches can be provided on request.

### Day 1

Transfers & arrival, introduction to accommodation, site map & free time

Welcome aperitivo & Mediterranean plant-forward dinner

### Day 2

Led morning meditation / cold water swimming

A La Carte Sunday brunch

Free time

Evening South Indian vegan banquet

### Day 3

Led morning meditation / cold water swimming

Self-serve buffet breakfast

Optional plant forward cookery class / free time

Evening Thai street food banquet

### Day 4

Led morning meditation / cold water swimming

Self-serve buffet breakfast

Optional guided hike with BBQ lunch / Free time

Evening Mediterranean banquet



**Day 5**

Led morning meditation / cold water swimming

Self-serve buffet breakfast

Free time

Evening Indonesian 'Ristafel' Rice-Table Banquet

**Day 6**

Led morning meditation / cold water swimming

Self-serve buffet breakfast

Optional plant forward cookery class / free time

Evening Punjabi North Indian banquet

**Day 7**

Led morning meditation / cold water swimming

A la carte brunch

Free time

Traditional Ligurian dinner at local Osteria

**Day 8**

Self-practice meditation / breakfast / transfers on request