

# RETREAT ITINERARY

SHAYNA'S SERENE SOUL LUXURY RETREAT



SPRING 2024



UMBRIA, ITALY

# UMBRIAN RETREAT

*(subject to change)*

## ARRIVAL + WELCOME

### *Day 1*

Retreat members arrive and check-in, and settle into your luxurious accommodations at Tenuta di Murlo.

Welcome Wellness Tea Ceremony, accompanied by light snacks and an introduction with Shayna and fellow retreat members, setting the intention for your retreat.

Gather for a beautiful dinner in the Castle, skillfully prepared by our talented chef, fostering connections with the community and setting the tone for the retreat.

Yoga Nidra with Giulia followed by a sleep time mocktail to wind down.

Rest and recharge for the days ahead.

## MINDFUL BEGINNINGS

### *Day 2*

Morning Grounding, Meditation, and Journaling Session, setting up your goals and intentions for the retreat. We will be exploring the themes of authenticity and joy.

Yoga Session with Giulia, harmonizing the connection between the mind and body and getting you centered in your spirit for the day.

Enjoy a slot for massages or free time to explore and connect.

Authentic Workshop with Phoebe, centered around fostering deep, meaningful connections with your fellow retreat members and your relationship with self.

Gather for a beautiful dinner in the Castle and opportunities for further connection with retreat members.

Enjoy a free morning for massages or free time to explore and connect.

Pilates, an invigorating session to strengthen your core and create awareness of your body,

Lunch at the castle prepared by our skilled chef, time for deepening bonds formed and diving deep into joy through the sensation of taste

Mindful Ceramics Making Class with a local artist, allowing you to step into your creativity and showcase your artistic self authentically

Experience an exceptional dinner at the luxury IL Caldaro restaurant to experience the local culture Umbria has to offer.

## ARTISTIC EXPRESSION AND MINDFULNESS

### *Day 3*

Yoga Session with Giulia, enhancing your sense of well-being and getting you grounded into your body to start the day.

Hike and Picnic for Lunch in the scenic Umbrian countryside.

Free time to relax or explore and connect.

"Find Your Voice" Workshop with Giulia, a transformative experience centered around connection to self and speaking your truth.

## FINDING YOUR VOICE

### *Day 4*

Dinner at the Castle

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## NATURE AND CULINARY DELIGHTS

*Day 5*

Pilates Session for full-body strength and elongation of the muscles, mindful connection to the body to start the day.

Free time to freshen up for afternoon activities.

Bee Visit and Honey Tasting, connecting with one of the treasures of the local region.

Cooking Class with Shayna, enhancing your culinary skills and creating intention around preparing and eating a meal.

"Silent" Dinner at the Castle with our esteemed chef, eating the pasta prepared in the cooking class. The concept of a "silent" dinner is being fully present in all your senses as you savor your meal.

## INTENTION AND EXPRESSION

*Day 6*

Yoga Session with Giulia, celebrating your sense of freedom and illumination created throughout the week.

Sound Healing Meditation + Tea Ceremony with Phoebe, bowls and chimes to have you vibrationally uplifted and settled into your soul before the day ahead

Enjoy afternoon free time for massages or to explore and connect.

Bonfire Night and Intention Setting Follow-Up, a soulful experience for you to release what you no longer wish to bring home with you.

Ecstatic Dance and "Free of Judgment" Workshop with Giulia, celebrating self-expression and integrating the transformation this week has brought into the body.

Farewell Dinner at the Castle, a memorable conclusion solidifying the bonds and friendships made throughout the week.

## FAREWELL AND DEPARTURE

*Day 7*

Breakfast and Closing Circle, reflecting on your insights from the incredible week.

Guests will check out and arrange transfers at different times, departing with cherished memories and newfound well-being.

PLEASE NOTE THAT THIS ITINERARY IS SUBJECT TO CHANGE BASED ON WEATHER AND LOCAL CONDITIONS, BUT WE WILL ENSURE THAT YOUR RETREAT EXPERIENCE REMAINS ENRICHING AND TRANSFORMATIVE. WE CAN'T WAIT TO SHARE THIS INCREDIBLE JOURNEY WITH YOU. SAFE TRAVELS!

# Meet Your Guides

SHAYNA TERESE TAYLOR



Shayna, a wellness influencer and entrepreneur, is revolutionizing the self-care industry with her deeply compassionate approach. Whether she's in the kitchen, boardroom, on her farm, or in a product development lab, Shayna feels most fulfilled when aiding individuals in enhancing their physical, mental, and spiritual well-being. Her multifaceted background spans culinary arts, mentorships with global experts in fitness, nutrition, spirituality, and a recent venture into agriculture with her farm in Umbria. Shayna's mission centers on fostering holistic wellness by actively listening, continuously learning, and sharing her knowledge with her community.

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PHOEBE PATH



Phoebe is the female embodiment facilitator who has traveled all over the world, studying with native tribes to learn the art of sound healing and feminine energy embodiment. Her practice includes sound baths, breathwork classes, and embodiment workshops. Her sound practice includes singing bowls, tuning forks, gongs, and chants to tap into the vibrational nature of our existence.

GIULIA GAIA



Giulia has 10+ years of experience in yoga, mindfulness, somatic healing. Her work is centered around holding your hands while you explore the depths of your emotional body. In her ongoing journey, she learned simple yet powerful tools to live a life free from the rational thinking mind and centered in intuition, which accounts for the innate intelligence of the mind, body & spirit as a whole.

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