



# *Spirit & Soul Retreat* *September 2023*

## Monday, September 11

4:00 pm- Pick up from Train station in Chiusi and transfer to Camporsevoli

6:00 pm- Welcome aperitivo

## Tuesday, September 12

Optional yoga class (depending on jet lag)

Breakfast

Welcome to Tuscany Session, Museum visit at Camporsevoli

Visit Cetona | Meeting with the Mayor | Cantina La Frasca tour, tasting with a light lunch |

Sightseeing in *Cetona*

Free afternoon by the pool | hike around Camporsevoli

Dinner at Le Capanne

## Wednesday, September 13

Yoga

Breakfast

Visit to Thermal baths | Bagni San Filippo

Lunch in Radicofani (Ristorante La Grotta)

Dinner at Le Capanne

## Thursday, September 14

Yoga

Breakfast

Morning walk | Relax by the pool | Optional meditation session

Wine tasting at Ravazzi Winery

Optional Meditation session  
Dinner at Le Capanne

## Friday, September 15

Yoga  
Breakfast  
Drive to Montepulciano | sightseeing & shopping | Lunch (Caffe' Poliziano)  
Afternoon to relax by the pool  
Optional Meditation session  
Dinner at the Le Capanne

## Saturday, September 16

Yoga  
Breakfast  
Market visit | Shop for our lunch  
Lunch at the villa  
Optional Meditation session  
Dinner at 53040 Ristorante

## Sunday, September 17

Yoga  
Breakfast  
Citta della Pieve Visit and Lunch  
Optional Meditation session  
Goodbye Dinner at the Villa

## Monday, September 18

Breakfast at the Villa  
10:00 am- Checkout and transfer to train station

\*\*All plans are subject to change, Italy is always unpredictable\*\*