



September 4-9, 2022

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**EAT. PAINT. LOVE! Tuscany Retreat**  
Participant Schedule for Retreat Meals and Events

		Day 1: Sunday Kitchen Prep & Arrival	
	4:00pm	Guests arrive	
	4:30	Poolside aperitivo	
	4:45	Orientation	
	7:30	Dinner	



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Day 2: Monday Full Schedule			
	8:00-9:15am	Stretch and Walk	
	9:30	Breakfast served	
	10:15	Intuition Painting Orientation	
	1:15	Lunch served al fresco MASSAGE: TBD	
	3:00-5:00	Intuition Painting	
	5:45-7:00	Yoga	
	7:30	Dinner	



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Day 3: Tuesday Full Schedule			
	8:00-9:15am	Yoga	
	9:30	Breakfast served <b>(SILENT)</b>	
	10:15	Intuition Painting	
	1:15	Lunch served al fresco	
	2:00-4:00	Free Time Massage: TBD Reiki: TBD	
	4:00-6:00	Intuition Painting	
		Free Time Massage: TBD Reiki: TBD	
	7:30	Dinner	



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Day 4: Wednesday Full Schedule			
	8:00-9:15am	YOGA	•
	9:30	Breakfast served	
	10:15	Foraging & Cooking in Androne	
	1:15	Lunch served al fresco	
	1:45-3:00	Free Time Massage: TBD Reiki: TBD	
	3:00-6:00	Intuition Painting	
	6:00-7:15	Free Time Massage: TBD Reiki: TBD	
	7:30	Dinner	



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Day 5: Thursday Full Schedule			
	8:00-9:15am	YOGA	
	9:30	Breakfast served	
	9:15	Intuition Painting	
	12:15	Lunch served al fresco	
	12:45-2:45	Free Time Massage: TBD	
	2:00	Authentic Movement (optional)	
	3:00-5:30	Intuition Painting	
	6:30	Aperitivo	
	7:30	Dinner	
	8:30	CANDLE NIGHT	



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Day 6: Friday Half Schedule			
	8:00-9:15am	Yoga	
	9:30	Breakfast served	
	10:15	Intuition Painting Closure	
	1:00	Lunch served al fresco	
	2:00	Taxi/shuttle pick up	