

THE MEDITERRANEAN RYTHM - Spring Edition · Western Sicily

An immersive four-day experience inspired by the natural rhythm of the Mediterranean. Movement, sea, landscape and food come together in a balanced flow designed to restore energy and reconnect with a slower, more intentional way of living.

The 30th of April Arrival & Grounding

2.30 pm - Arrival & check-in
4.30 pm - Welcome Gathering
6.00 pm - Mobility & Body Reset
8.30 pm - Welcome Dinner
Sicily, between taste and tradition

The 1st of May Mountain & Table

7.00 am - Morning Activation
9.00 am - Energising Breakfast
10.30 am - Mount Inici guided trek
1.30 pm - Seasonal Lunch
3.00 pm - Rest & Reflection
5.30 pm - Mobility & Recovery
8.30 pm - Farm-to-Table Cooking
& Shared Dinner

The 2nd of May Sea & Light

7.00 am - Morning Activation & Breath
8.30 am - Slow Mediterranean Breakfast
10.00 am - Private Boat Exploration ·
Zingaro Reserve
2.00 pm - Harbour Lunch
(typical lunch at the fish market)
3.30 pm - Personal Time
6.00 pm - Sunset Movement
8.30 pm - Dinner & Wine Storytelling

The 3rd of May Reconnection & Energy

8.00 am - Gentle Activation & Release
10.30 am - Farewell Brunch
2.00 pm - Departure



SICILY XPERIENCE
Your Memorable Experiences in Sicily

The detailed schedule is indicative and may evolve according to weather, seasonality and guest wellbeing, while preserving the structure and integrity of the experience.