

# THE MEDITERRANEAN INTERLUDE - Western Sicily · 3 Days

An immersion into the natural cadence of Mediterranean life. Three days shaped by landscape, movement and the pleasure of an unhurried table. An intentional pause designed to recalibrate body and mind without excess or intensity.

## The 24th 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 25th of April

### 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 26th of April

### 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.