



ITINERARY

erotic hell retreat



Day 1 -Arrival & Grounding

- Arrival and check-in throughout the day
- Free time to explore the neighborhood, settle in, and rest
- Welcome dinner at a traditional Sicilian restaurant
- Opening ceremony followed by a collective screening of “Hustlers” — reflection and open discussion to set the mood and connect as a group

Day 2 - Body & Presence

Morning - Workshop Sessions

- Mateva's Workshop
- Estefania's Workshop
- Elvira's Workshop

Afternoon - Culture & Leisure

- Free lunch
- Guided walk through Catania's historic center
- Gelato and aperitivo at Piazza Vincenzo Bellini

Evening - Movement & Sunset

- Group dinner
- Sunset stretch on the Ognina seafront

Day 3 - Fire & Transformation

Morning – Workshop Sessions

- Mateva's Workshop
- Estefania's Workshop
- Elvira's Workshop

Afternoon – Mount Etna Experience

- Lunch
- Excursion to Villa Bellini
- Quiet moment for reflection or journaling

Evening – Return to Catania

- Dinner in a selected local restaurant
- Free evening for a walk or a drink in the city center

Day 4 – Liberation & Art

Morning – Workshop Sessions

- Mateva's Workshop
- Estefania's Workshop
- Elvira's Workshop

Afternoon – Creative Expression

- Lunch
- Pole Photoshoot — an artistic celebration of movement and empowerment

Evening – Closing & Connection

- Final group dinner
- “Conversations among friends” – gentle closing circle and celebration of shared energy

Day 5 - Departure

Morning - Farewell & Flow

- Breakfast, check-out, and goodbyes
- Free time before departure:
 - visit Catania's Fish Market (La Pescheria)
 - or enjoy shopping along Via Etnea