# INNERARY

*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 the erotic house
- 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

- 9:30 a.m. Wild Panther's Workshop (Wild Orbit)
- 10:30 a.m. Antartica's Workshop (Sensual Body Gazing)
- 11:30 a.m. Elvira's Workshop (Trapstar)

Afternoon - Culture & Leisure

- 12:30 return to the Erotic House
- 13:00 p.m. Free lunch
- 14:30 p.m. Guided walk through Catania's historic center
- 16:30 p.m. Gelato and aperitivo at Piazza Vincenzo Bellini

Evening - Movement & Sunset

- 16:30 p.m. return to the Erotic House
- 19:30 p.m. Group dinner in a selected Restaurant
- 21:00 p.m. Sunset stretch at Villa Bellini
- 22:00 return to the Erotic House

# Day 3 - Fire & Transformation

Morning - Workshop Sessions

- 9:30 a.m. Wild Panther's Workshop (Funk Instinct)
- 10:30 a.m. Antartica's Workshop (Spinning Pleasers)
- 11:30 a.m Elvira's Workshop (Lilith)

Afternoon - Villa Bellini Experience

- 12:30 a.m. return to the Erotic House
- 13:00 p.m. Lunch
- 14;30 p.m. Excursion to Villa Bellini
- 15:00 p.m. Quiet moment for reflection or journaling

Evening - Return to Catania

- 15:30 p.m. return to the Erotic House
- 16:00 p.m.  Pole Photoshoot With Alessia Giuffrida
- 19:30 p.m. Dinner in a selected local restaurant
- 21:00 p.m. Free evening for a walk or a drink in the city center

# Day 4 - Liberation & Art

Morning - Workshop Sessions

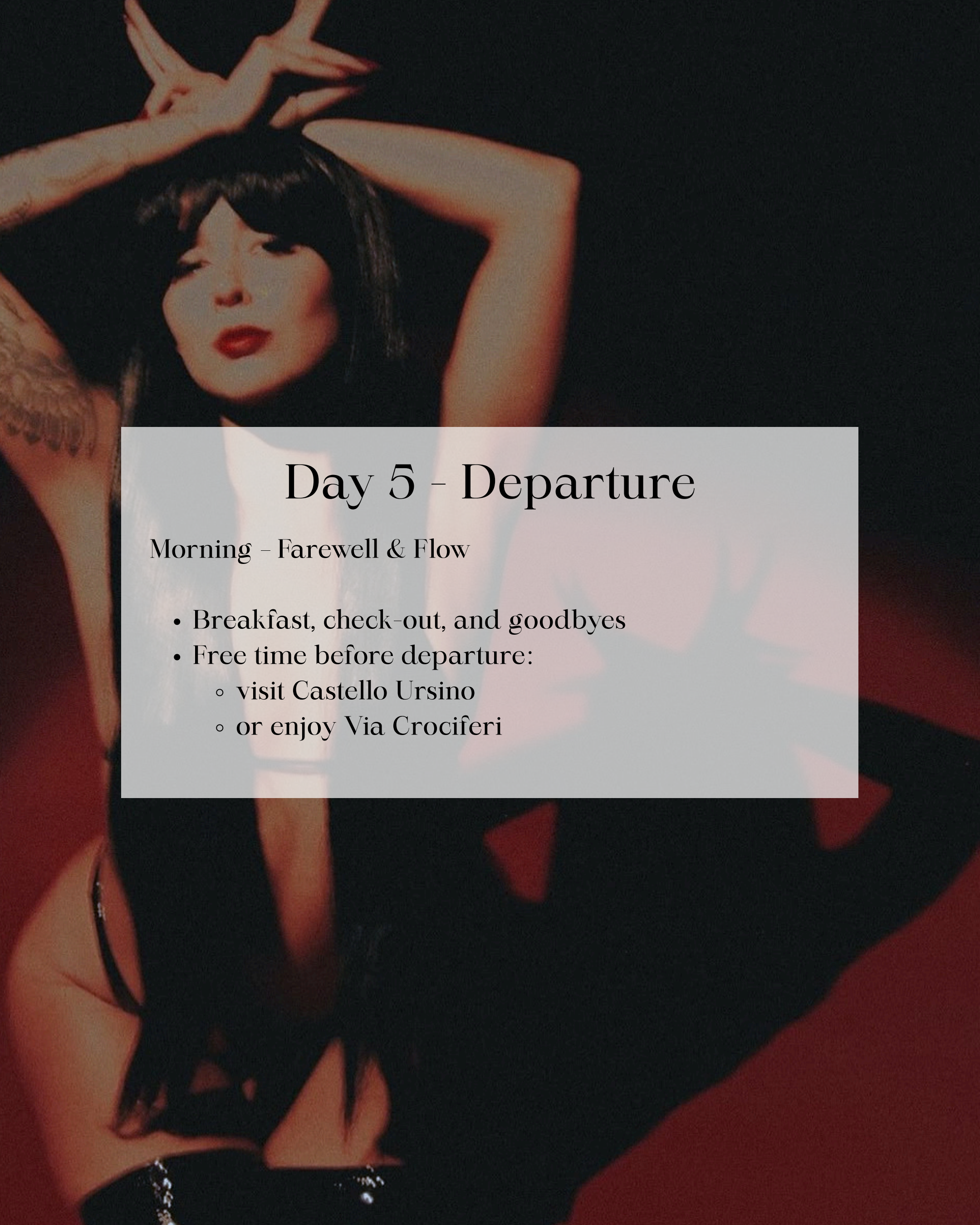
- 9:30 a.m. Wild Panther's Workshop (Feline Waves)
- 10:30 a.m. Antartica's Workshop (Pole Provocation)
- 11:30 a.m. Elvira's Workshop (Striptease Moi)

Afternoon - Creative Expression

- 12:30 p.m.  return to the Erotic House
- 13:00 p.m. Lunch
- 14:30 p.m. visit Catania's Fish Market (La Pescheria)
- 15:30 p.m. enjoy shopping along Via Etnea
- 16:00 p.m. optional visit at the museum of contempotary art of Sicily

Evening - Closing & Connection

- 17:30 p.m. return to the Erotic House
- 19:00 p.m. Final group dinner
- 20:30 "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 Castello Ursino
  - or enjoy Via Crociferi