

AMY SHONKA RETREAT - DAILY SCHEDULE

Day 1: May 2

- Arrival in Crete
- 7:30pm: Welcome Dinner at hotel & Start of Retreat

Day 2: May 3

- 8:00am - 9:00am: Session with Amy.
- 9:00am - 10:00am: Breakfast at hotel.
- 10:15-2:15pm: Guided tour to Archaeological site of Knossos
- 2:15pm-5:30pm: Free Time
- 5:30pm -6:30pm: Session with Amy.
- 7:30pm: Dinner at hotel

Day 3: May 4

- 8:00am - 9:00am: Session with Amy.
- 9:00am - 10:00am: Breakfast at hotel.
- 10:15am-2:00pm: Cooking Lesson with local ladies
- 2:00pm-5:30pm: Free Time.
- 5:30pm - 6:30pm: Session with Amy.
- 7:30pm: Dinner at hotel

Day 4: May 5

- 8:00am - 9:00am: Session with Amy.
- 9:00am - 10:00am: Breakfast at hotel.
- 10:00am - 5:30pm: Free Time.
- 5:30pm-6:30pm: Session with Amy.
- 7:30pm: Dinner

Day 5: May 6

- 8:00am - 9:00am: Farewell Breakfast.
- 10:00am: Checkout and Fly to Italy.
- 6:00pm Arrive at Eremito
- 7:30pm: Welcome Dinner

Day 6: May 7

- 7:30am - 9am: Session with Amy
- 9am: Breakfast.
- 1:00pm: Relaxing Time at the Yoga Rooms.
- 2:30pm: Free Time
- 7:30pm: Silent Dinner

Day 7: May 8

- 7:30am - 9am: Session with Amy
- 9 – 10 am: Breakfast.
- 10:30am: Departure from Eremito.
- 12:30pm: Montepulciano and tour.
- 4:30pm: Transfer to Torre a Cona Hotel.
- 6:30pm: Arrival at Torre A Cona.
- 7:30pm: Dinner

Day 8: May 9:

- 8:00am - 9:00am: Session with Amy.
- 9:00am - 10:00am: Breakfast at hotel.
- 10:00am - 3:00pm: Free Time.
- 3:30pm - 4:30pm: Session with Amy.
- 5:30pm-7:30pm: Cooking lesson at Torre A Cona.
- 7:30pm: Dinner

Day 9: May 10

- 7:30am - 9:00am: Session with Amy.
- 9:00am - 10:00am: Breakfast.
- 11:00am - 03:00pm: Half-day Trip in Florence. *time maybe longer TBD
- 4:00pm: Return to the Hotel.
- 5:00-06:00pm : Session with Amy.
- 7:00pm: Dinner at hotel

Day 10: May 11:

- 7:30am - 9am: Session with Amy
- 9am - 10am: Farewell Breakfast
- 10:30am: Check-Out

Event Highlights

- 4-night accommodation in Crete
- Guided Tour to Archaeological site of Knossos
- Cooking class in Crete with local ladies
- 5-night accommodation in Tuscany
- Florence Daytrip
- Cooking Class at Torre A Cona Wine Estate
- 4h tour in Montepulciano activity with wine tasting

What's included:

Greece:

- Group departure transfer from Minos Beach Art Hotel to HER Airport on May 6th
- 4-night accommodation at a Nature suite or Seafront bungalow (run of the house policy)
- Guided tour in Knossos Archaeological Site (entrance tickets & transfers also included)
- Cooking Class with local ladies (transfer also included)
- All breakfast & dinner meals

Italy:

- 2 nights at Eremito:
- All meals included (vegetarian menu)
- Train transfer from Rome Airport (FCO) to Eremito for all participants
- 3 nights at Torre A Cona Wine Estate:
- All breakfast & dinner meals
- Cooking class at Torre a Cona Wine Estate
- Florence Daytrip
- 4h tour in Montepulciano activity with wine tasting

What's not included:

- Airfare to/from Italy and Greece – We strongly advise you to book flexible airfare tickets
- Arrival and departure land transfers except for those mentioned in the inclusions
- Accommodation tax per person per overnight stay
- Water, tea, soft drinks and beverages
- Whatever is not mentioned clearly in the inclusions

More information:

We strongly advise you to book flexible airfare tickets

Language: English

Transfer: Available upon request

Cancellation Policy: Deposit amount is non-refundable | Should you wish to cancel your participation one month or less before the start of the retreat, 100% of cancellation fees are applied.

Important Info: In case there are Covid-19 restrictions or restrictions related to any other pandemic that prevent guests from traveling the total amount paid will be refunded.

Dietary Needs: Should you have any special dietary need/allergy, kindly let us know in advance in order to be able to better accommodate you in the best possible way.