

PANTELLERIA

VOLCANIC VITALITY RETREAT

by LIFTED LIVING

sikolia

3 DAY PROGRAM

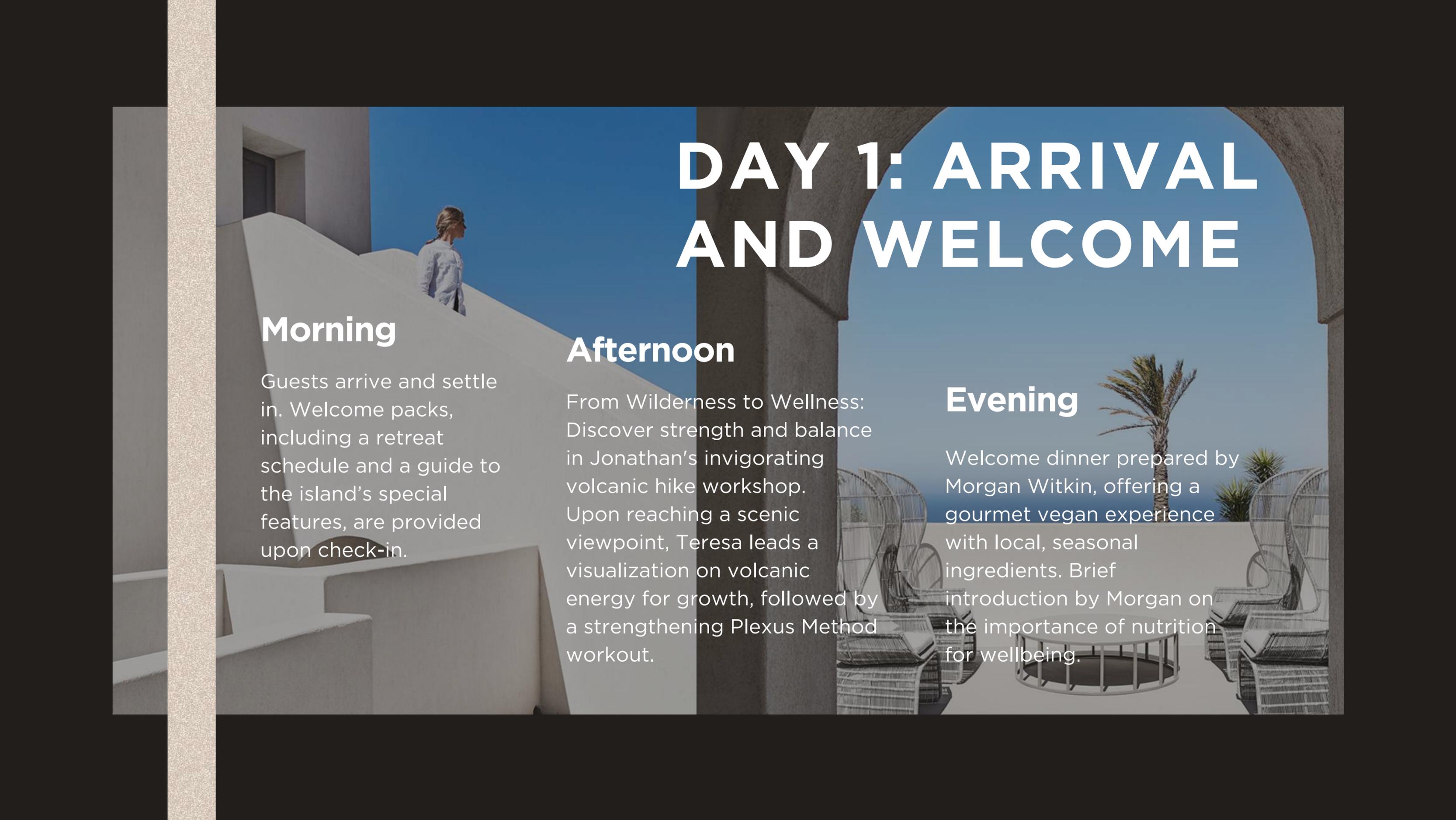
HARMONY & RENEWAL

Embark on an unparalleled retreat experience that marries the art of wellness, the science of longevity, and the joy of gastronomy in the heart of the breathtaking landscapes on the island of Pantelleria in Sicily.

At Sikelia Luxury Retreat, we invite you to delve into a curated world where every detail is designed to nurture your body, enrich your mind, and elevate your spirit.

Join us for a transformative escape that integrates the innovative Plexus Method with the culinary genius of world-renowned vegan chef Morgan Witkin, under the guidance of life coach Teresa Fracasso. Whether you choose our comprehensive 3-day journey or opt for the deeper exploration of our 4-day program, you're set to discover a sanctuary of harmony, health, and haute cuisine.

Celebrate the essence of well-being, taste the flavors of the land, and embrace a new approach to mental and physical health, all while being enveloped in the unparalleled luxury of Sikelia. This retreat is not just an escape but a journey to discovering a more vibrant, healthful, and fulfilled self.



DAY 1: ARRIVAL AND WELCOME

Morning

Guests arrive and settle in. Welcome packs, including a retreat schedule and a guide to the island's special features, are provided upon check-in.

Afternoon

From Wilderness to Wellness: Discover strength and balance in Jonathan's invigorating volcanic hike workshop. Upon reaching a scenic viewpoint, Teresa leads a visualization on volcanic energy for growth, followed by a strengthening Plexus Method workout.

Evening

Welcome dinner prepared by Morgan Witkin, offering a gourmet vegan experience with local, seasonal ingredients. Brief introduction by Morgan on the importance of nutrition for wellbeing.



DAY 2: MIND AND BODY REJUVENATION

Morning

Yoga and Pranayama led by Teresa, followed by Presence in Practice: Mindfulness Workshop & Embroidery with Manima World - authentic sicilian embroidery experts.

Afternoon

Secrets to Longevity: Unveiling the Island's Natural Treasures.

This workshop with Jonathan will integrate the island's natural wonders, like the Lake of Venus and Benikulá natural sauna, into practical longevity practices.

Evening

Vineyard Visit, Wine Tasting & dinner at Coste Ghirlanda.

This immersive experience will connect participants with the island's rich winemaking tradition. Vegan banquet prepared by Morgan.

DAY 3: INTEGRATION AND FAREWELL

Morning Mid Day

Mindfulness on the Move:
Meditation & Yoga on a Boat
Tour (Teresa, Jonathan,
Morgan) - This unique
experience combines the
serenity of the sea with
mindfulness practices.

Afternoon

Breathing class with
Jonathan and Teresa.
Closing ceremony and
group session, sharing
insights and commitments
to personal growth.

Evening

Aperitivo DJ set with
Jonathan and themed dinner
event, offering a culinary
journey through Pantelleria's
delicacies, prepared by
Morgan.



4 DAY RETREAT

DAYS 1, 2 & 3 STAY THE SAME



DAY 4: INTEGRATION AND CELEBRATION

Morning

Pilates session with Teresa, exploring deeper levels of physical and emotional connection.

Private lessons with Jonathan or free time for spa treatments and relaxation.

Mid-day

Branching Out:
Cultivating Connection with Nature Through Olive Tree Pruning.
Workshop with Giulia, owner of Sikelia.

Evening

For those who stay:
Grand farewell Arabic dinner atop the rooftops, where enchanting music and mesmerizing performances await to bid you adieu in style. Indulge in an evening of cultural delight and culinary excellence under the starlit sky.



ADDITIONAL FEATURES FOR BOTH PROGRAMS

Morning mindfulness or meditation sessions to start each day with intention.

Optional cultural excursions or visits to local attractions for an immersive experience.

Personalized attention and intimate group settings to ensure a transformative experience for all guests.

Aperitivo evening Sikelia rooftop experience.

These programs are designed to offer a balanced mix of personal growth, wellness, and luxury, ensuring that guests leave feeling rejuvenated and inspired.

By focusing on the unique offerings of the Sikelia experience and incorporating the expertise of Teresa Fracasso, Morgan Witkin, and Jonathan Medros, these retreats promise an unforgettable experience that appeals to both international travelers and locals.

DESCRIPTIONS

From Volcano to Vitality

A Movement & Mindset Exploration

This energizing workshop begins with a guided hike led by Jonathan, incorporating movement exercises inspired by the volcanic landscape (strength, agility, balance).

Upon reaching a scenic viewpoint, Teresa leads a guided visualization focusing on harnessing the island's volcanic energy for personal growth and resilience.

The session concludes with a dynamic Plexus Method workout led by Teresa, integrating the day's theme of harnessing inner strength.

Mindfulness Workshop & Embroidery session

Embark on a holistic journey with our workshop featuring Yoga and Pranayama led by Teresa, followed by a Presence in Practice: Mindfulness Workshop & Embroidery session with Manima World, authentic Sicilian embroidery experts.

Teresa's yoga session will guide you in harnessing inner strength, while the mindfulness workshop offers practical techniques for enhanced awareness.

Conclude the day by immersing yourself in the art of Sicilian embroidery, embracing creativity and mindfulness in a picturesque setting.

MANIMA celebrates the heritage of its Sicilian roots, based on a distinct knowledge passed down through generations; a culture not only steeped in tradition but where creativity flourishes.

DESCRIPTIONS

Secrets to Longevity

Unveiling the Island's Natural Treasures, a workshop curated to reveal the island's hidden gems for a vibrant life.

Led by Jonathan, delve into practical longevity practices integrating the island's natural wonders such as the mud lake and sauna.

Discover the ancient wisdom of harnessing these treasures for enhanced vitality and well-being, immersing yourself in a journey towards a healthier, more fulfilling life.

Wine Tasting in the Vinyard

Embark on an unforgettable journey through the heart of Sicily's winemaking heritage with a visit to Coste Ghirlanda Vineyard.

This immersive experience promises to deepen your appreciation for the island's rich viticultural traditions as you explore the vineyard's lush landscapes and historic cellars.

Savor the distinct flavors of the region as you indulge in a curated wine tasting session, surrounded by the beauty of the vineyard's picturesque setting.

Meditation & Yoga on a Boat Tour

Embark on a transformative journey with Mindfulness on the Move: Meditation & Yoga on a Boat Tour, led by Teresa, Jonathan, and Morgan.

This extraordinary experience seamlessly blends the tranquility of the sea with invigorating mindfulness practices, offering a serene escape from the hustle and bustle of daily life.

Immerse yourself in guided meditation and rejuvenating yoga amidst the breathtaking backdrop of the open water, fostering a deep sense of calm and inner peace.

DESCRIPTIONS

Branching Out

Join us for Branching Out: Cultivating Connection with Nature Through Olive Tree Pruning, a workshop led by Giulia, owner of Sikelia.

Delve into the ancient art of olive tree pruning, connecting with nature in a profound and meaningful way.

Learn the traditional techniques of tending to olive trees, fostering a deeper appreciation for the natural world and cultivating a sense of harmony with the environment.

Meals

Savor delectable meals crafted by Morgan, spanning from delightful breakfast spreads to flavorful lunch and dinners, each accompanied by a brief informative talk on the dishes.

Dive into a culinary journey where every bite tells a story, as Morgan shares insights into the ingredients, flavors, and cultural significance of each dish.

Whether you're starting your day with a nourishing breakfast or enjoying a flavorful dinner, prepare to be tantalized by the fusion of taste and knowledge in every bite.

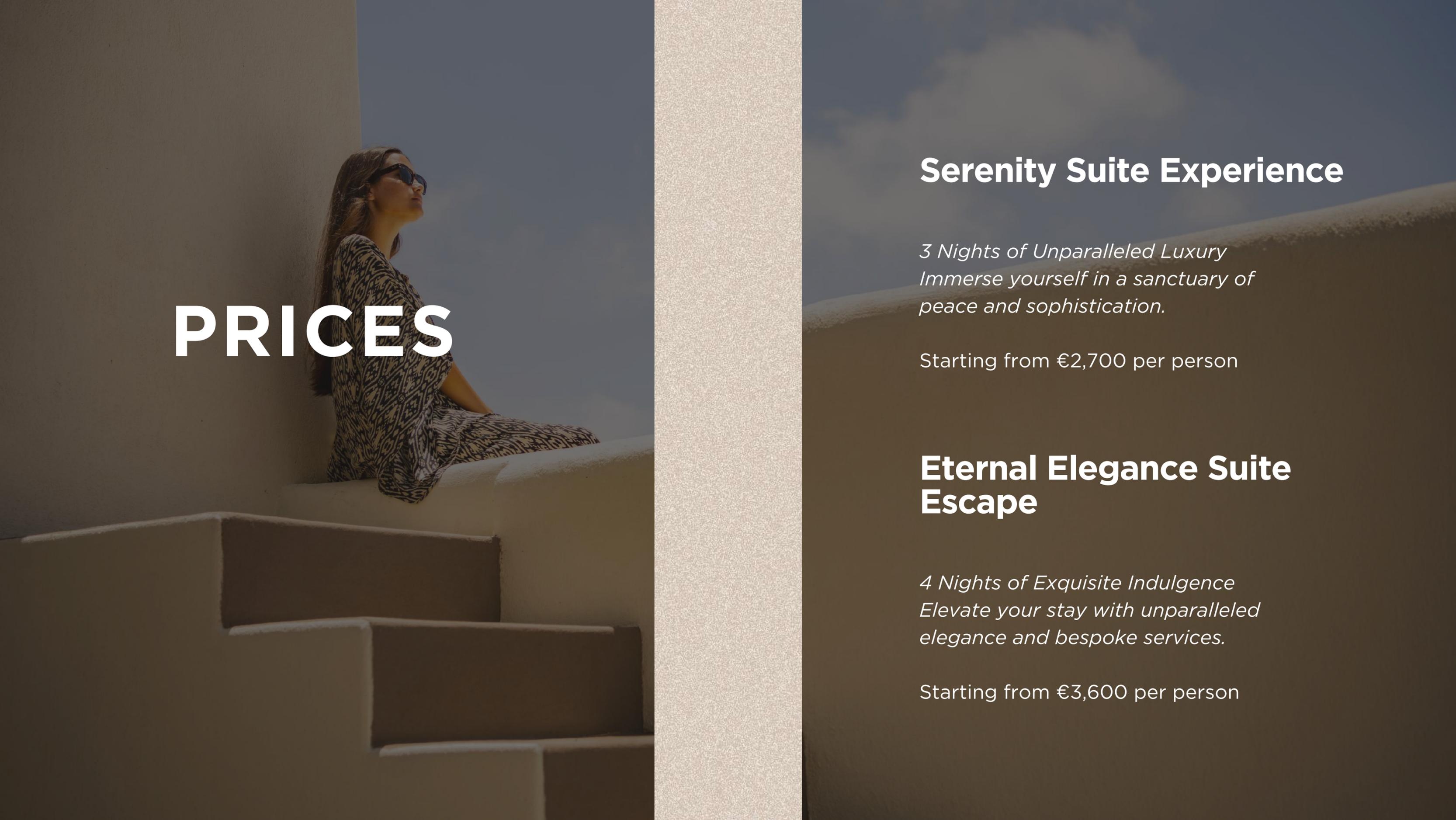
Light lunches available per request.

How To Arrive

For flight information, please refer to the "HOW TO REACH PANTELLERIA" section on the Sikelia website, where you will find a comprehensive list of available options.

Additionally, we offer the convenience of arranging flight bookings on your behalf should you prefer.

Should you have any questions or require further assistance, we are at your service.



PRICES

Serenity Suite Experience

*3 Nights of Unparalleled Luxury
Immerse yourself in a sanctuary of
peace and sophistication.*

Starting from €2,700 per person

Eternal Elegance Suite Escape

*4 Nights of Exquisite Indulgence
Elevate your stay with unparalleled
elegance and bespoke services.*

Starting from €3,600 per person

June 22 - 25/26 2024

RETREAT BY:

Lifted Living

HOSTED BY:

sikelia

CONTACT

sikeliapantelleria.com

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