



# SICILY

MEDITATION & CONNECTION  
A RETREAT FOR YOUR SOUL

*Practical Information*

# The Practical Guide for Your Sicilian Retreat



Dear Guest,

We are so excited to welcome you to our retreat at La Collina dei Nebrodi. As part of our commitment to creating an unforgettable and stress-free experience, we've put together this practical guide to help you plan your journey and stay with ease.

Traveling to a new destination can sometimes feel overwhelming, especially when navigating details like transportation, accommodation, and local logistics. That's why we've taken the time to compile all the essential information you'll need to make informed decisions and ensure a smooth trip to Sicily.

To make things even easier, we've created a WhatsApp group for all participants. We encourage you to join the group using the link provided on the retreat preparation page you just visited to download this brochure (or in your inbox, we send you everything via email as well). In this group, we'll share helpful updates, reminders, and travel tips leading up to the retreat.



It's also a space where you can ask any questions you might have—this way, everyone can follow the conversations, and answers to your questions might also help others. It's a great way to start connecting with your fellow participants even before we arrive at the villa!

Our goal is to make your journey as enjoyable and straightforward as possible. From details about car hire and airport transfers to insights on the villa and daily activities, this guide is designed to answer your questions and provide you with the tools to fully enjoy your time with us. We're always here to help.

If there's anything else you need or any detail we haven't covered, please don't hesitate to reach out. Your comfort and peace of mind are our top priorities, and this guide is just one of the many ways we're here to support you.

Thank you for being part of this special experience. We can't wait to share moments of connection, growth, and joy together in the beautiful Sicilian countryside.

Warm regards,  
Maria Cristina & Vincent

# Accommodation and Location of the Villa



La Collina dei Nebrodi is located in the heart of Sicily's largest natural park.

Address:

La Collina dei Nebrodi, c/da Asa, 98070 San Marco d'Alunzio ME, Italy

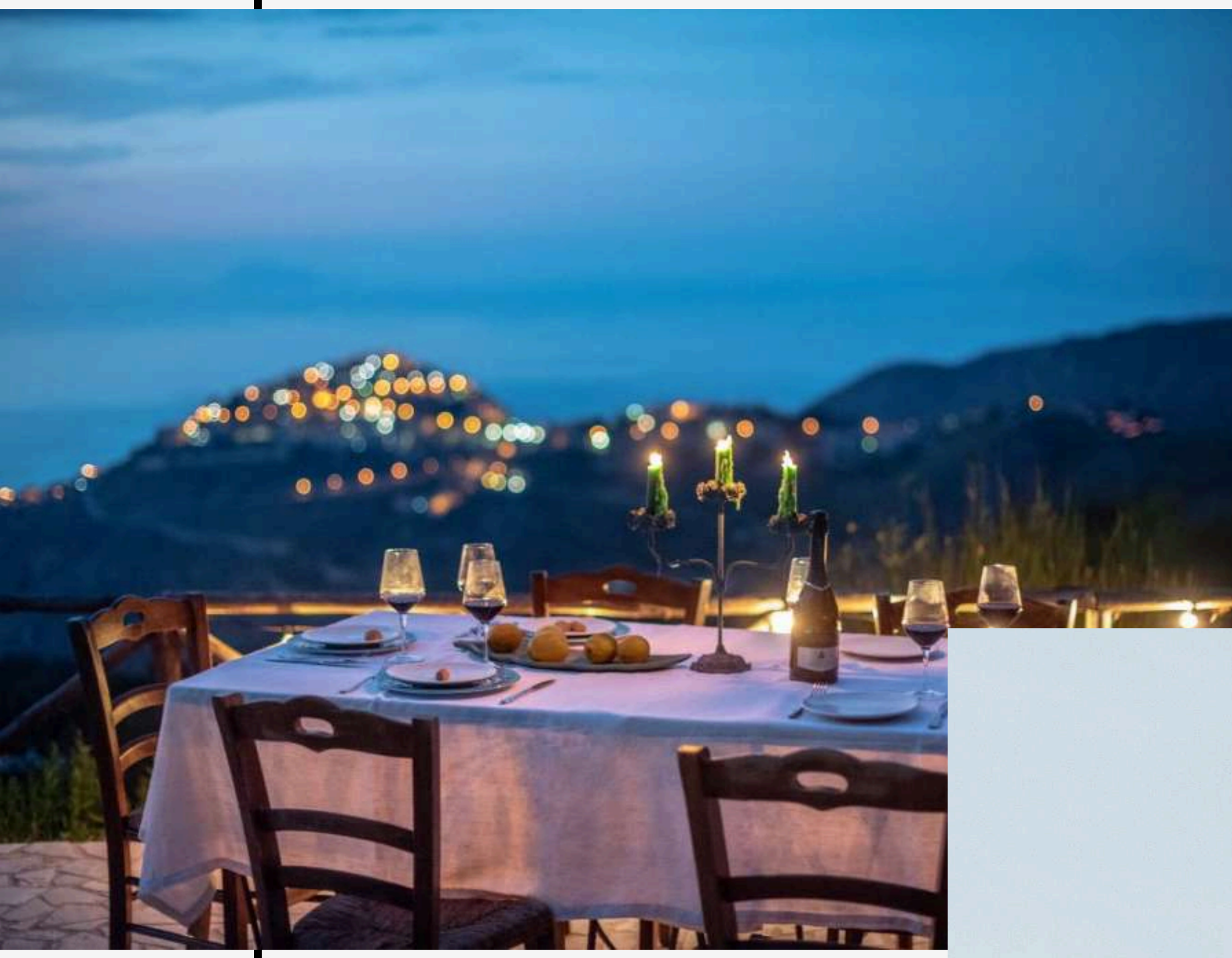
Key Features:

- Private rooms with ensuite bathrooms for comfort and privacy.
- Scenic terrace for family-style dinners with breathtaking views.
- Blend of traditional Sicilian charm with modern amenities.

Important Notes:

- The villa is only accessible by car. The last few kilometers are a steep, curvy ride, so we recommend arriving during daylight for an easier and safer drive.
- Please let us know about dietary restrictions or allergies with your RSVP so we can prepare accordingly.

# Travel: Airports and Transportation



*Dinner at the beautiful villa*



## Practical Information:

### **Closest Airports:**

- Catania Fontanarossa Airport (CTA): ~2.5 hours by car.
- Palermo Falcone-Borsellino Airport (PMO): ~2 hours by car.
- Trapani Birgi Airport (TPS): ~3 hours by car.

### **Transportation Options:**

- Car Hire:
  - Affordable rates start around €43 for the entire week.
  - Opt for smaller cars due to narrow Sicilian streets.
  - Full-coverage insurance is strongly recommended to avoid additional charges.

- If booking through a broker, decline extra insurance offered by the rental company at pickup.
- Deposits: Expect temporary holds of €1,000–€1,500 on your credit card, so ensure sufficient credit limit.

- Local Rental and Taxi Services:  
A trusted local rental service and taxi options are available through the villa. Contact us for assistance.

# Weather During the Retreat

No matter the weather, the villa is fully equipped to ensure an enjoyable experience. Whether we're basking in the sunshine on the terrace or gathering indoors for cozy activities, the atmosphere will always be warm and welcoming.

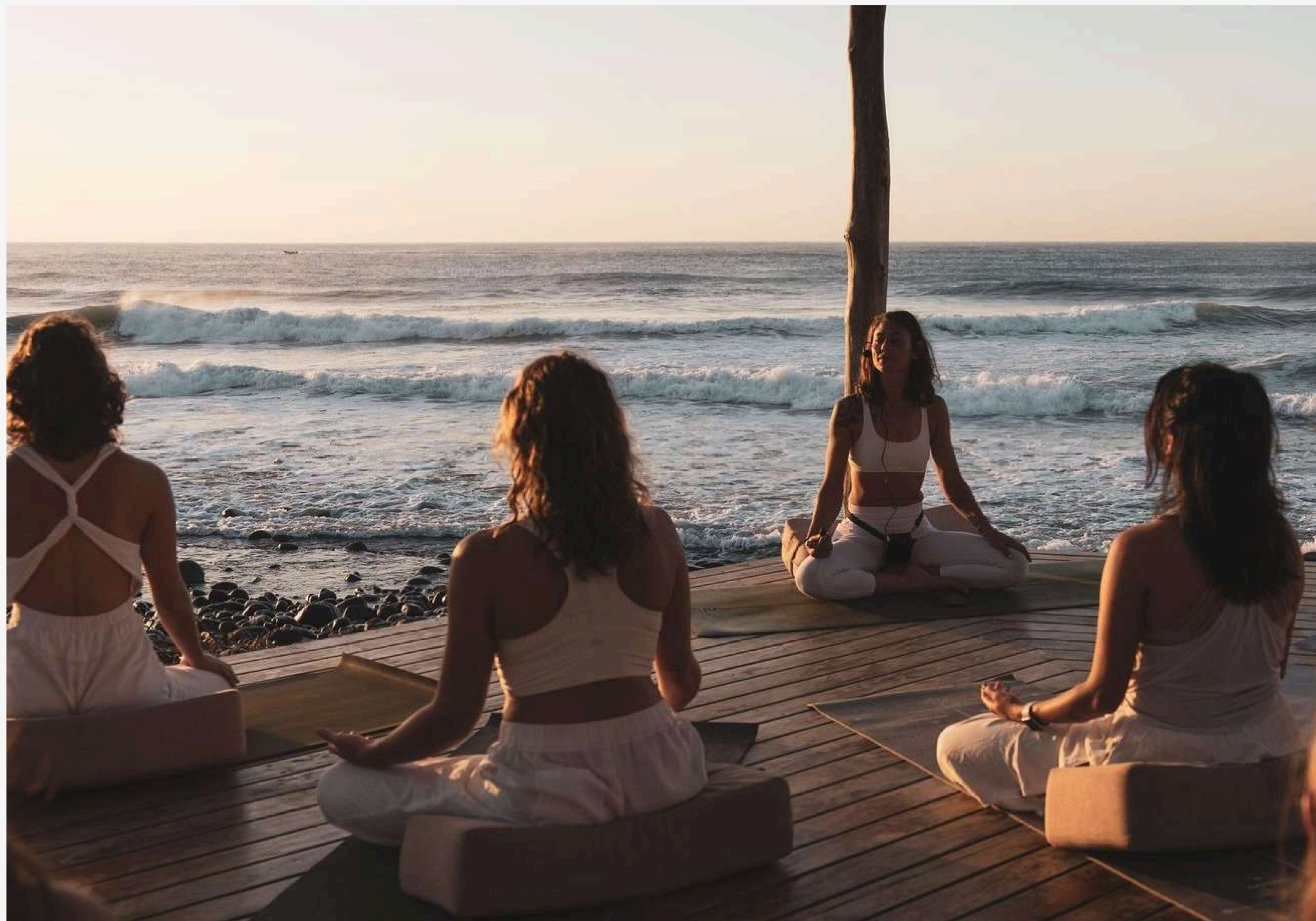
Bring layers and comfortable clothing to stay prepared for any condition!

Sicily in both April and September offers a variety of weather experiences — often sunny, occasionally breezy, and always beautiful in its own way.

- In April, expect fresh spring air, with average temperatures ranging from 15°C to 25°C (59°F to 77°F). There may be light rain or cooler evenings — a perfect time for layers and cozy moments indoors or by the fireplace.
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- In September, the climate leans into late-summer warmth, with average temperatures between 20°C and 35°C (68°F to 95°F). Days can be hot and sunny, with cooler evenings as autumn slowly approaches.



# Weekly Schedule and Daily Activities



## Check-In Information:

- You're welcome to arrive at the villa on the official check-in day, from 3pm onward.
- Note: The program officially starts the following morning with our first group session.

## Check-Out Information:

- On the final day of the retreat, we will close with a morning meditation and communal breakfast.

## Special Events:

- Welcome Dinner: Held on the evening after arrival, this meal sets the tone for the week.
- Closing Dinner: Held on the evening before the final day

# Daily Program

**This is an example schedule:**

**6:30 AM:** Morning meditation (60-90 minutes)

**8:00 AM:** Meditation recap (30 minutes)

**8:30 AM:** Breakfast

**9:30 AM:** Second morning meditation

**12:00 PM:** Lunch

**2:00 PM:** Afternoon activities (yoga, breathwork, boxing, excursions, or social time)

**6:00 PM:** Dinner (home-cooked Sicilian meals, with optional hands-on lessons)

**8:00 PM:** Evening meditation

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## Knowledge

During the retreat Vincent will help get everybody on one level of knowledge about the the in's and outs of the meditations. The health but most importantly the neurological advantages of the work.

## For Families:

We have tailored the morning and evening meditation times to align with children's sleep schedules, allowing parents to participate.

For parents wishing to join additional sessions, we invite the group to collaborate as a community to organize childcare.

"It takes a village to raise children, so let's create something beautiful together."



# Final Notes



## Travel Support & Preparation

We're here to assist with any travel arrangements or questions you may have.

If you plan to extend your stay in Sicily, just let us know — we'd be happy to offer tailored recommendations for nearby towns, nature spots, or hidden gems.

## Pre-Retreat Preparation

About 30 days before the retreat, you'll begin receiving a series of emails to help you prepare — both practically and emotionally:

- Car sharing: We'll send out an overview to help you connect with fellow participants for rides to and from the villa.
- 3 Prep Emails with Powerful Exercises:  
These are designed to remove the two biggest questions we've heard from past participants:
  - a. "What should I meditate on?" / "What should my intention be?"  
→ We'll help you gain clarity on your personal goals for the retreat, and make your intention tangible and meaningful.
  - b. "What happens after the retreat?" / "How do I stay motivated?"  
→ We'll address this with a special integration talk during the retreat, a follow-up call after the event, and of course our WhatsApp group to stay connected and supported long after you've returned home.

Our goal is for you to arrive clear, confident, and open — and to leave not just inspired, but truly changed.

We can't wait to welcome you to La Collina dei Nebrodi for an unforgettable week of connection, growth, and rejuvenation.

*MC & Vincent*

