

FOOD FOR THE SOUL

SICILY / ITALY

“YOU ARE
WHAT
YOU EAT.
EXPLORE IN
DEPTH YOUR
CURRENT
DIETARY
HABITS,
LIFESTYLE
AND
GOALS.”

HUMAN NATURE
HIZIN

COACHING AND TEAM BUILDING

[#stress-reduction](#) / [#motivation](#) / [#willpower](#) / [#healthy](#) / [#desire](#) / [#cooking](#)

DAY 1

Check into your accommodation, relax and unwind. Meet your group and your coaches. Have a healthy dinner, get a good night's sleep and get ready to start in the morning!

DAY 2

- Yoga and Meditation session
- Breakfast
- Nature walk combined with grounding exercises
- Introduction to healthy foods, you are what you eat. Explore in depth your current dietary habits, lifestyle and goals
- Lunch
- Free time
- Workshop (topic varies daily)*
- Cooking class
- Dinner / Relaxation practise

DAY 3

- Yoga and Meditation session
- Breakfast
- Nature walk combined with grounding exercises
- Group discussion
- Lunch
- Free time
- Workshop (topic varies daily)*
- Cooking class
- Dinner / Relaxation practise

DAY 4

- Yoga and Meditation session
- Breakfast
- Nature walk combined with grounding exercises
- Group discussion
- Lunch
- Free time
- Workshop (topic varies daily)*
- Cooking class
- Dinner / relaxation practise

DAY 5

- Same morning schedule / Depart at your leisure after lunch

We will focus on all aspects of your self-awareness, what you eat, how you eat, how you feed your mind and how you feel in your body. You will eat well and nourish your body with organic food. You will clear emotions that are an important part of your overall wellness and that will leave you emotionally balanced and energised. You will leave us with a new perspective and sense of life balance with mind, body and spirit though gaining self-knowledge and understanding of a health and wellness lifestyle.

* Workshops will vary day by day, but will include stress reduction techniques, discussions of motivation, willpower, finding and releasing limited beliefs, creating healthy boundaries, tapping into desire, cooking classes and more.

One to one coaching sessions are available during free time period at additional cost.

Each day offers mindfulness practices, physical practices like yoga, hiking and nature walks, discussions and workshops to help change unhealthy patterns of thinking and behavior.