

W&W RETREAT SCHEDULE

NERANO, ITALY, 2015



Friday, Sept 18th:

3:00 P.M.

Check in time for the Hotel Correra.

There are no planned activities until our Group Meeting at 6:00 PM this evening. (To overcome jet lag, we recommend that you arrange on your own to arrive at least one day earlier.)

6:00 P.M.

Orientation meeting. Please make every effort to arrive on time for this meeting. If you are delayed and will arrive late, be sure to inform the hotel or us directly (contact numbers will be provided.)

There will be an optional group dinner this evening in the historic city center of Naples.

Overnight at Hotel Correra.

Saturday, Sept. 19th:

7:30 A.M. – 8:45 A.M.

Breakfast at Hotel

9:00 A.M.

Today we head off by private transport with our local guide to visit the famed **site of Pompeii at the foot of Mount Vesuvius**, one of Italy's best-known sites. After our guided tour, we will head to Sorrento for lunch. Then it's off to our accommodation in the beautiful and tranquil town of Nerano.



6:00 P.M. – 7:30 P.M.

Dinner.

For the duration of our trip we will stay at our "hotel within a villa" which offers all the amenities and personal attention of a first class hotel, but with the exclusivity, serenity, and comfort of a private villa.

7:30 P.M – 9:00 P.M

Free evening to settle in and get a good night sleep.

Sunday, Sept. 20th:

7:00 A.M. – 8:45 A.M.	Breakfast (Massages will be scheduled throughout today)
9:00 A.M. – 11:00 A.M.	Writing workshop with Lisa Fugard
11:45 A.M. – 12:45 P.M.	Lunch
1:00 P.M. – 3:00 P.M.	Gary Finnan (Evoke Your Essence)
3:00 P.M. – 6:00 P.M.	Free time, write, swim or explore
6:00 P.M. – 7:30 P.M.	Dinner
7:30 P.M. – 9:00 P.M.	Group Session (Share writing with each other in a positive and supportive environment.)

Monday, Sept. 21st:

7:00 A.M. – 8:45 A.M.	Breakfast
9:00 A.M. – 3:00 P.M.	Gastronomical Tour Day at local farms:



We will spend today in nature, get to know the culture and taste the local products of Schiazzano, which boasts a spectacular view over the Gulf of Napoli.

First we get a guided tour of the lemon tree grounds. There, we will see the authentic lemon, Ovale di Sorrento, used to make the famous liqueur, Limoncello. We will taste lemon products such as lemon juice, slice of lemon with sugar, and olives products such as olive oil, oil with taste of lemon and orange, each on a slice of homemade bread.

After our visit to the lemon farm, we then tour a cattle farm that shows the production of caciottina cheese, fresh mozzarella and provolone del Monaco cheese. We get to taste their cheese, salami and local wine.

Then it's time for lunch. We will participate in making real Neapolitan pizza for lunch, including dessert and espresso coffee.

Finally we return to the lemon farm to taste freshly made Limoncello before returning to our Retreat Villa.



6:00 P.M. – 7:30 P.M.	Dinner
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7:30 P.M. – 9:00 P.M.

To be determined depending on the energy of the group after our day on the land.

Tuesday, Sept. 22nd:

7:00 A.M. – 8:45 A.M.

Breakfast

9:00 A.M. – 11:00 A.M.

Writing workshop with Lisa Fugard

11:45 A.M. – 12:45 P.M.

Lunch

1:00 P.M. – 3:00 P.M.

Building your platform with Julie Colvin

3:00 P.M. – 6:00 P.M.

Free time, write, swim or explore

6:00 P.M. – 7:30 P.M.

Dinner

7:30 P.M. – 9:00 P.M.

Group Session (Share our writing with each other in a positive and supportive environment.)

Wednesday, Sept. 23rd:

7:00 A.M. – 8:45 A.M.

Breakfast

9:00 A.M. – 5:00 P.M.

Boat excursion to explore beautiful Positano, the magical seaside town that has charmed visitors for centuries with its unique coastline dotted with hidden caves, secluded beaches.



We'll get picked up by boat right in Nerano's "Marina del Cantonein" and cruise around the coastline with time to swim in the nicest corners of the Sorrento Coast.

6:00 P.M. – 7:30 P.M.

Dinner

7:30 P.M. - 9:00 P.M.

Free Night

Thursday, Sept. 24th:

7:00 A.M. – 8:45 A.M.

Breakfast

9:00 A.M. – 11:00 A.M.

Writing workshop with Lisa Fugard

11:45 A.M. – 12:45 P.M.

Lunch

1:00 P.M. – 3:00 P.M.

Applying your Essence to a Balanced Life with Gary Finnan

3:00 P.M. – 6:00 P.M.	Free time, write, swim or explore
6:00 P.M. – 7:30 P.M.	Dinner
7:30 P.M. – 9:00 P.M.	Group Session (Share our writing with each other in a positive and supportive environment.)

Friday, Sept. 25th:

7:00 A.M. – 8:45 A.M.	Breakfast
9:00 A.M.	Transport to Naples Airport provided.

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It is recommended that you plan a flight home AFTER 4:00 PM on Friday, Sept. 25th, to give you enough time to arrive to the airport.

The writing workshops will be more closely structured and created once we have evaluated the needs of the writers in our group.

Scheduling changes in this itinerary might occur depending on weather or other unforeseen issues.