

Life Holidays

Live it fully everyday

Pilates • Photography • Cooking • Holidays in Italy



Saturday

Welcome to Sicily! We will meet you on your arrival and enjoy a private transfer from Palermo Airport to our stunning Sicilian villa. As your arrival is later in the day we will provide a welcome aperitivo at the villa before a light supper and an early night after a busy day.



Sunday

Buon Giorno! Rise and shine Pilates lesson to start the day. Breakfast al fresco followed by fun, hands-on cookery lesson and then some lunch.

Free time in the afternoon to relax, enjoy the pool or go for a stroll into the local town. Early evening Pilates lesson followed by an aperitivo and dinner at the villa.



Monday

Pilates lesson followed by breakfast in the sun before our departure for Mozia and the salt pans where we will have lunch at Mamma Cauras. Leaving Mozia behind us we head for Marsala and to the famous Florio winery for a wine tour and tasting. Then it's into Marsala for a little shopping, gelato, coffee and sightseeing before returning to the villa for early evening Pilates followed by an aperitivo and dinner.



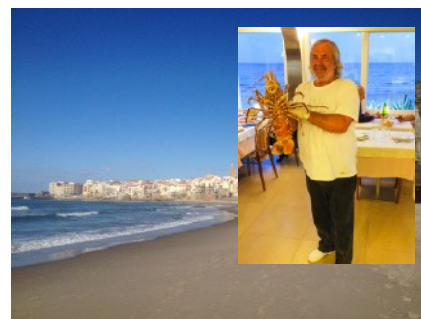
Tuesday

The morning will begin with breakfast and 1-1 Pilates lessons. A light lunch on the villas' terrace and then some free time. Enjoy a stroll into the local town or if you prefer relax by the pool with your favourite book. Early evening Pilates lesson before we enjoy an aperitivo and dinner at the villa.



Wednesday

Early morning departure for Segesta, a small and fascinating archeological park. After our tour we will head for Castellamare for lunch in this beautiful little town. After lunch we depart for Erice, a stunning hillside village in the mountains for sightseeing, shopping and gelato. Then it's back to the villa in time for early evening Pilates (if not too exhausted from the activities) before an aperitivo and dinner.



Thursday

Pilates followed by breakfast in the sun and time to relax by the pool, catch up with your latest novel or just enjoy some peace and quiet at our beautiful villa. Lunch will be on the terrace and a chance to catch up with your fellow guests over a glass of prosecco or wine. A leisurely afternoon by the pool before we depart for a sumptuous sunset dinner at the famous Da Vittorios restaurant on the beach.



Friday

Pilates followed by breakfast on the terrace. Time for our second cooking lesson and the chance to create an Italian masterpiece. A leisurely lunch followed by time to chill and relax in the beautiful surroundings of the villa. Our final Pilates lesson before an early evening aperitivo and our farewell dinner.



Saturday

Departure dayDetails will be confirmed during the week.

Included: 7 nights accommodation, Airport transfers (subject to flights), all excursions, including wine tasting at Florios, lunch & wine at Castellamare, dinner and wine at Da Vittorios beach restaurant, all food and drinks at the villa, 10 hours of Pilates tuition, and 2 cooking lessons.

Extras: alternative airport transfer (approx. €60). Entrance to Segesta (€6), Lunch at Mamma Cauras.

Please note that all activities/excursions are subject to change, dependent on weather conditions, location and Italian life!