

# Sculpt & Savasana in Sicily

An Elevated Wellness Journey of Movement, Culture and Restoration

CATANIA - ETNA AREA - SYRACUSE - ISLAND OF ORTIGIA - NOTO

April 22 - 29, 2026



## Day 1:

**Catania Arrival**

Arrive, exhale and settle into Sicily as we gather for a relaxed welcome dinner.

(Transfer from Catania-Fontanarossa (CTA) to Palace Catania, UNA Esperienze)

## Day 2:

**Cooking Class in Catania (3.5 hrs, lunch included)**

Immerse yourself in a private cooking class at a local Cesarina's home to learn the secrets of the most famous dishes of Catania cuisine. Enjoy the fruits of your labor with a glass of local wine.

## Day 3:

**Mt Etna (approx 6 hrs, tasting included)**

Trek the paths of Europe's largest volcano, followed by a tasting of local products grown in Etna's rich volcanic soil.

## Day 4:

**Transfer Day (1.5 hr drive)**

Transfer from Catania to Una Hotels One, Syracuse with free time to unwind and explore

## Day 5:

**Syracuse Boat Cruise and Private Tour (approx 4 hrs, lunch included)**

Tour the island of Ortigia and visit important landmarks like Palazzo Beneventano, the Greek Apollo Temple, St Lucy Church and Archimedes Square.

## Day 6:

**Noto Private Tour (approx 4 hours)**

Learn about Noto's rich history and visit Ducezio Palace, Hercules Fountain and the Church of Montevergini with a private guide.

## Day 7:

**Free Day**

A full day to enjoy the spa, wander nearby towns or simply do nothing at all - before our farewell dinner.

## Day 8:

**Departure**

Depart from Catania Airport (CTA) and reflect on your incredible Sicilian adventure!

**This retreat is perfect for you if:** you want luxury without stress · love movement and spa time · want culture and restoration

**This retreat MAY NOT BE for you if:** you are looking for a party scene · prefer budget travel · want nonstop, intense workouts

- Arriving to Sicily : There is a direct flight from JFK to CTA. Airport transfers and tour transfers are included in this package.
- Accommodation : April 22- 24 Palace Catania (in city center, close to shops, sights and restaurants). April 25-29 UNA Hotels One Siracusa (full spa and wellness center, a bit further from city center but walkable)
- Fitness: Wellness activities will include yoga, Pilates/Sculpt style movement, breathwork and restorative movement - designed to energize you without exhaustion - and will be scheduled once or twice daily, depending on the day's schedule. Mats and props will be provided.
- Experiences: Scheduled excursions require punctuality and are often an earlier start.

**Request your spot by emailing [alisonburkeyoga@gmail.com](mailto:alisonburkeyoga@gmail.com). (Spaces are limited to maintain an intimate group experience.)**