

www.ModusVivendi.in

AMALFI COAST

LUXURY BODY AND MIND HOLIDAY

CLASS
LUXURY

HOLIDAY
PACKAGE



MODUS VIVENDI



7 DAYS

Amalfi Coast

Luxury Body and Mind Holiday

From April 14 to 20, 2020

DESTINATION Italy

♥ WHY YOU'LL LOVE IT

- ✓ Spend quality time together relaxing on the sun-drenched southern Italian coast
- ✓ Swim in the glittering waters of the Amalfi Coast, a holiday destination favoured by Roman emperors

Modus Vivendi +39
379 1171881
 INFORMATION AND RESERVATIONS

📅 NOT INCLUDED

- Travel expenses to reach Napoli/Salerno (roundtrip flight/train//car);
- Spa Treatments
- Drinks during meals at Hotel Restaurant/ Hotel Lounge Bar
- Swimming pool/Room service/Frigo bar.
- Drinks and meals at restaurants during free time
- Excursions that are not included in the above program
- Eventual private sessions with Scott Cole (group of 4 or individual)
- Any other expense which is not listed in the above program
- Daily journey tax Euro 5,00 (per day, per per

📅 DEPARTURE DATES

From April 14 to 20, 2020

GUARANTEED DEPARTURES



PROGRAM

● Tuesday April 14, 2020

- Guests arrival and pick-up to the Hotel Santa Caterina in Amalfi
- Welcome Aperitivo
- Relax/Siesta after arrival
- Afternoon: Free time.
- Private service car from Hotel to Amalfi historical centre and back (no costs)
- 18:30 Aperitivo and Dinner at hotel:
- Organizer team Welcome
- Scott Cole Special Guest Star "Welcome to Wellness"

● Wednesday, April 15, 2020

- 8:00: YOGA/PILATES/TAI CHI/MEDITATION
- 7:30 Breakfast - late Breakfast till 11:00
- Trekking: on one of the very beautiful courses of Amalfi Coast
- In case of bad weather conditions, there will be an alternative excursion.
- After Trekking: Merenda
- Free time for Siesta
- 18:00 YOGA/PILATES/TAI CHI/MEDITATION and/or SPA
- 20:00 Dinner at Hotel





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PROGRAM

GUARANTEED DEPARTURES

Thursday, April 16, 2020

- 8:00 YOGA/PILATES/TAI CHI/MEDITATION
- 7:30 Breakfast - late Breakfast till 11:00
- 10:00 Excursion to Sorrento:
- Transfer from Santa Caterina Hotel to Sorrento by Private Service Car;
- During the course from Amalfi to Sorrento:
- Visit to "Grotta dello Smeraldo"
- Stop by the most suggestive Amalfi Coast landscapes, as Fiordo Furore, Praiano, Positano view from the top, Li Galli Islands
- In Sorrento: Visit to "LIMONCELLO Factory"
- Visit to GARGIULO Oil of Olives Farm with Oil tasting
- Happy Hour Aperitivo in front of Capri Island
- 18:00 YOGA/PILATES/TAI CHI/MEDITATION and/or SPA
- Free time

Friday April 17 2020

- 8:00 YOGA/PILATES/TAI CHI/MEDITATION
- 7:30 Breakfast - late Breakfast till 11:00
- Morning and Lunch Free time.
- Eventual excursions upon request (not included in the cost package)
- 15:30 Depart from Hotel Santa Caterina to Ravello:
- Visit to the most famous Villas in Ravello, and Monuments with Historical interest.
- Aperitif/Dinner, at a panoramic place in Ravello.
- Transfer back to the Hotel by Private Service Car.

Saturday, April 18, 2020

- 8:00 YOGA/PILATES/TAI CHI/MEDITATION
- 7:30 Breakfast - late Breakfast till 11:00
- Excursion to DI MEO Vineyards Old Villa, owned by Principi Caracciolo and since 1986 by DI MEO Family promoting the VINI ad ARTE.

- The excursion will be also short trekking through the vineyards.
- Lunch with biological and traditional cuisine as well as wine tasting at old Villa Principi Caracciolo.
- Late afternoon, back to the hotel by private service car.
- 18:00 YOGA/PILATES/TAI CHI/MEDITATION and/or SPA
- Free evening/dinner

Sunday, April 19, 2020

- 8:00 YOGA/PILATES/TAI CHI/MEDITATION
- 7:30 Breakfast - late Breakfast till 11:00
- Free Time/Eventual excursions upon request (not included in the package cost)
- 18:00: YOGA/PILATES/TAI CHI and/or SPA
- 20:00: Dinner at a very typical traditional Restaurant in the Historical Centre of Amalfi with music and fun celebrating the company of all friends during the week:
- Menu:
- Antipasto: Typical genuine Amalfi Coast products
- Main course: Home made pasta fusilli
- Dessert with lemons from Amalfi
- Bottle of wine (red or white 1 lt) for 4 people
- Bottle of water for 4 people
- Not included in the Menu': Extra drinks

Monday, April 6th, 2020

- Breakfast
- Greetings to all guests and presentation of the next holiday in Italy.
- Departure from Hotel to Airports.
- Transfer to Airports with Private Service Car

THE TIMELESS BEAUTY OF THE *Amalfi* COAST



Hotel Santa Caterina

HOTEL SANTA CATERINA AMALFI

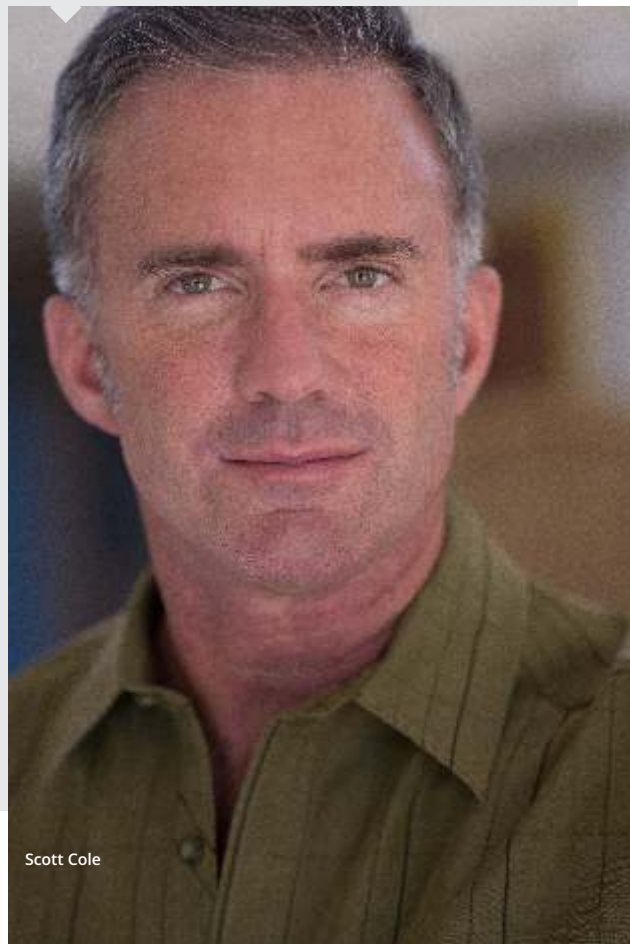
A late 19th century liberty style villa immersed in the beautiful scenery of the Amalfi Coast, an elegant seaside residence surrounded by the perennial blue of the Mediterranean sea and sky, by luscious bougainvillea and by lovingly cultivated olive groves and fruit orchards. This is Hotel Santa Caterina of Amalfi, a special place to experience the finest of Italian hospitality and lasting sensations of wellbeing.

www.hotelsantacaterina.it

SCOTT COLE

This is great!!!

We'll find the most important spot with big exposition!!
«Welcome to your Modus Vivendi Wellness Week! I am the featured lecturer and presenter, Scott Cole, and I am really excited to get to know each of you, hear what is going on in your lives, and address any concerns you may have about your body, mind, and Spirit. I will be teaching 2 classes per day that are included as part of our weekend together, and if you'd like to have a meal together, or schedule a private training session, let me know. My goal is help you embrace your highest level of Wellness, and to make this one of the most fun, memorable vacations of your Life.»



Scott Cole



FRANTOIO GARGIULO

Sorrento's Olive oil

From the love for the land is born Frantoio Gargiulo, which for more than a century has dedicated itself to the production of extra virgin olive oil, keeping alive ancient traditions handed down for generations. In Sant'Agnello, between olive groves and hillside terraces, since 1849 our oil of Sorrento bears witness to the great richness of our land, in the magical atmospheres of the island of Capri and the fascinating Vesuvius.

www.frantoiogargiulo.com

LIMONCELLO FACTORY

The Farm and its surrounding area has a mild climate throughout the year. It is the ideal location for growing green chestnut forests and scented lemon orchards. At "Limoncello Factory" you can take in the beauty of the region while enjoying the earthly treasures handed down by our ancestors. You will witness how we lovingly produce fresh, wholesome products. You will see why our farm is one of the few in the region that can proudly display the names "I.G.P Sorrento's Lemon" and D.O.P. Sorrento Peninsula olive oil. By following time-honored traditions, we are able to produce the highest quality delicacies available.



DI MEIO VINEYARDS

Di Meo Wines currently produce 15 labels, divided into two ranges of wines: Tradition and Time.

The first is a Classic Range, comprising the single-grape wines that symbolise Irpinia: essential and well-rounded, they are an immediate expression of the terroir and the vintage. The Tempo Range, on the other hand, is made up of The Reserves, an open, on-going challenge of the ageing potential, mainly of Fiano and the other native varieties that have made this area internationally famous.

www.dimeo.it





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