**Style and Soul Retreat – programme plan**

**Please note – this is a comprehensive programme and we will endeavour to cover as much as possible. However, everyone’s needs are different, so it might be that we skip some things, or spend longer on others. There will be a follow up session with each of you after the Retreat, so we can tie up any loose ends then!**

**Prior to the Style Retreat I will be sending through questionnaires and we will have a session via Zoom to find out your style personality and to get started on your colour analysis and body shape analysis**

Arrival day

Arrival – after your arrival (I will pick you up from the station at Tarquinia unless other plans have been made), I will take you to your apartment and leave you to settle in. We can stop off at a supermarket on the way if you would like to purchase water, etc.

*I would ask, if your flight/travel time allows, that you get to Tarquinia for early afternoon, so we can start the first workshop at around 5pm.*

4.30pm – I will collect you from your apartment and take you to the studio to meet everyone, have an early aperitivo and do the first workshop, and then on to a restaurant for supper.

Night 1

Day 1

I will pick you up from your apartment and we will go for breakfast – this will be a daily occurrence!

Then on to the studio for workshops on –

- Life and mindset coaching – delving into

* Self-limiting beliefs
* Self-esteem and inner confidence
* Living authentically
* Body image exercises

We will have lunch either in the apartment or at a local café

* Body positivity exercises
* Mini action plans and a Roadmap for the future you
* 7 day confidence plan
* Inspirational daily reminders

After the afternoon session, I will walk you back to your apartment and again collect you for supper at a local restaurant – a daily occurrence!

Night 2

Day 2

* Discussing your style personality
* Finding your style
* 5 day style challenge
* Mirror confidence
* Journalling
* “Talking scents”
* Discussion your Colour analysis

We will have lunch either in the apartment or at a local café

* How to dress for your body shape – going through the body shape analysis.
* Finding your style
* Outfit formulas
* The golden ration
* Perfectly imperfect body dressing

After the afternoon session, I will walk you back to your apartment and again collect you for **the wine tasting** and then supper at a local restaurant.

Night 3

Day 3

* How to accessorize
* How to tie and use scarves
* Using vision boards and lookbooks

We will have lunch either in the apartment or at a local café

* Make-up
* Hair and eyewear styles to suit your face-shape

Hair and makeup sessions can be organised (at an extra cost)

**Boutique evening**

Pizza and fizz

Night 4

Day 4

Elements and principles of elevated style

* Colour schemes
* Contrast and harmony
* Rhythm & flow
* Prints & patterns
* Volume
* Symmetry
* Design lines
* Silhouettes

Putting it all together

* Daily outfit planner
* Wardrobe planner
* Daily habit planner

We will have lunch either in the apartment or at a local café

**Afternoon of visiting local shops and boutiques**

Supper at a local restaurant

Night 5

Day 5

Leave to catch flight – I will take you to the train station unless other alternative has been arranged.

If your flight is later in the day, we can arrange an activity for that morning.