

## The Itinerary!

All in support of ease and nourishment and creativity!

**Sunday, November 10<sup>th</sup>:** Arrival in Leon, MX and a pre-arranged minibus or private taxi will bring you to Guanajuato to get settled in to your beautiful rooms at the Casitas Floricer. That night we'll all go out together for drinks and dinner to a wonderful local restaurant.

**Monday, November 11<sup>th</sup>:** I'll cook breakfast on the Big House terrace overlooking the colorful Guanajuato, then our local guide, Israel, will take us on an all day city tour. We'll stop to change money and to go grocery shopping as we get oriented to the city, learn about its amazing history and take in the vibrancy. We'll make a group dinner in the Big House and eat on the terrace.

**Tuesday, November 12<sup>th</sup>:** The workshop begins! We will work on the terrace or in the Big House from 10:00 – 12:00, then take a break and regroup from 2:00 – 4:00. You'll have plenty of time to ease into your days, take a siesta or wander about town, then have plenty of early evening before dinner to relax or explore and integrate our work together.

**Wednesday, November 13<sup>th</sup>:** Second day of the workshop, same schedule. I'll have coffee and tea and snacks available.

**Thursday, November 14<sup>th</sup>:** A free day for your own desires! I want to go to a couple of my favorite places: magical gardens, historical homes, a ceramic store in an old Victorian, a walk through a beautiful upscale neighborhood, perhaps a swim in the world-class Olympic pool. Anyone who wants can join me, or break out on your own to explore, or luxuriate in your casita and rest.

**Friday, November 15<sup>th</sup>:** Third day of the workshop, same schedule: getting more grounded in our vision for 2020 while taking in the view from the terrace at Floricer.

**Saturday, November 16<sup>th</sup>:** Last day of the workshop, same schedule. We'll have our final dinner together on the terrace and get ready to head back to our lives, ready for the year ahead.

**Sunday, November 17<sup>th</sup>:** We'll say adios to Floricer and each other and catch group transportation or taxis back to Leon for our flights home. (Feel free to make arrangements with Liz at Floricer if you want to stay another week or two!)

Optional Morning Yoga and Meditation on the terrace every day at 7:am.