

THE SELF-DISCOVERY TOUR

# Coastal

NERANO - AMALFI - CAPRI  
ITALY

@wellnessandwondergb

# The Package

## The Self Discovery Tour:

Coastal Edition is open to everyone aged 18+, making it the perfect experience for couples, friends or solo travellers. Often described as fun and freeing, this is the one which leaves you feeling alive and more in awe of the world around you (cue the ocean and sunset appreciation).

Each Discovery Tour blends self-development with adventure, combining reflective sessions with meaningful memories which help you connect with parts of yourself you rarely slow down enough to notice. The excursions are not an add-on. They're part of the process - each intentionally planned to ensure you integrate what you have learnt within the sessions.



Across the week, you'll explore three archetypes: The Everyman, The Shadow and The Father. These archetypes quietly influence the way we think, behave and move through life. As you begin to recognise them, you gain greater self-awareness, clarity and choice.

You'll recognise the voice of your inner critic through the shadow; build stronger inner foundations through the Father archetype and uncover the purpose of anger and ego, through the Warrior.

Like all of TSD Tours, this experience is designed to help you understand yourself in a way that feels practical, grounded and relevant to everyday life. You'll return home feeling confident and more patient and compassionate towards yourself.

# The Package

## INCLUSIONS

- **The Signature Archetypal Programme** focused on The Everyman, The Shadow, The Father & Warrior
- **1 Conscious Connected Breathwork Session**
- **1 Kundalini Practice** with Somatic Movement
- **5 nights Accommodation** in private villa, with pool
- **4 Breakfasts** continental/ take-away breakfast
- **4 Evening meals**, with one at beach-front restaurant
- Option of day in Positano, Amalfi Coast\*\*\*
- **Private boat tour** around Capri coves and time to explore the island with option of chair lift
- **Celebration Meal** to finalise the celebration day

Flights, transfers, tourist tax, lunches & drinks are not included.

## SPENDING

A suggestion of 60-75euros per day for:

- First Evening Meal at local restaurant
- Lunch and drinks each day
- Souvenirs, tips & extras e.g. Capri chair lift (optional)

Additionally, please bring the following in cash:

- Tourist Tax (25euros for the stay)
- Transfer Airport to Villa (50 euros pp)
- Transfer Villa to Airport (50 euros pp)

\*\*\*Optional Boat Tour to Positano + Amalfi (60euros pp)

The countdown begins for

# THE SELF DISCOVERY TOUR

Coastal Edition



Hi, I'm Georgina, founder of the Self Discovery Tours.

Italy holds a special place in my heart. It's a destination that embodies the Italian expression la dolce vita – a love affair with life itself. From long lunches to laughter, connection and unforgettable views, the destination invites you to fully embrace the moment.

The Self Discovery Tours aren't retreats. They're immersive group travel that blend adventure with self-awareness. It's about stepping beyond your comfort zone, trying new things, seeing the world through fresh eyes and gaining a deeper understanding of yourself along the way.

Many guests describe the tours as both empowering and life-changing and seeing this shifts is something I never get tired of.

\*The itinerary is subject to change. All sessions and excursions are optional.



## A Detailed OVERVIEW

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ACTIVATION

**16.00-16.30 Check in & relax**

**16.30-17.30 Welcome Meeting**

**18.30-20.00 Twilight Session**

After a day of travel, we ease into our first session. A light and intentional evening introducing you to the concept of archetypes – timeless patterns which shape how humans behave. This tour is inspired by Greek legend Odysseus – a story of adventure, challenge and discovery. It's an “everymans” tale which focuses on the hero within, the masculine figures in our lives, and the shadow parts we often suppress. We'll close the evening with a grounding breathwork and spinal activation, leaving you centred and present for the week ahead.

**20.00-21.30 Evening Meal**

A perfect opportunity to break the ice and get to know the group as we dine out at a local restaurant. This is the only evening meal not included in the price.

# A Detailed OVERVIEW

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THE SHADOW

## 8.30-9.30 Early Riser Breathwork

For those early risers, we'll begin the day with a conscious connected breathwork session, setting the intention to release any stagnant thoughts and tensions.

## 9.30-10.30 Breakfast continental spread

## 10.30-12.30 Brunchtime Session

With a firm awareness of what archetypes are and how these can lead us to feeling empowered, we'll dive deeper and shine a light on the parts of ourselves we often keep hidden - the shadow. We'll consider how this plays out in our lives and approach it with curiosity and compassion, instead of judgment.

## 12.30-18.00 Free Time

Whether you prefer to lounge by the pool with a book, wander down to the beach for a swim, sip cocktails at the beach bar, or reflect on the sessions in the quiet of your ownn space— this is your time. A moment to reset and tune in to what you truly need.

## 18.00-20.00 Twilight Session

In our last session, we explored the shadow and recognised where those early patterns were formed. Now, we turn our attention to the IT. an internal monologue which can dictate our lives. We'll explore when it shows up, the tricks it uses to hold us back and how to shift our relationship with it. This session often brings powerful breakthroughs, clearing the way for fresh perspectives.

## 20.00-21.30 Evening Meal

Taste the dish of the destination, Spaghetti alla Nerano, accompanied with fresh salads and followed by a sweet Italian treat.

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THE EVERYMAN

## 8.00-17.00 Free Day or Boat Trip to Amalfi and Positano\*\*\*

This is an optional excursion. If you'd rather use the day to visit other local destinations such as Naples, Sorrento, Bagni Reina Giovanna, Pompeii, or to explore local walks in Nerano, this is your time. Either way, it's a breakfast-in-a-bag kind of day as those joining the excursion, will set off early to get to the Marina.

The boat transfer takes us past Li Galli Island, steeped in the myth of Ulysses and the Sirens, before arriving in the Ancient Marine Republic of Amalfi. Here you'll have 3 hours of free time to explore. From there, we continue sailing toward Positano, passing the dramatic cliffs of Praiano and the picturesque Furore. You'll have 1.5 hours to soak up Positano's timeless charm: stroll its narrow, winding lanes draped with wisteria and lemon trees, take a refreshing dip in the sea, or shop for local delights, like the world-famous Amalfi limoncello.

## 17.00-20.30

As there are no evening sessions, this is the time to take in the Nerano coastline and spend time by the ocean as we depart at the marina. Our reservation is at 18.30.

# A Detailed OVERVIEW

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THE WARRIOR

## 8.30-9.30 Early Riser Breathwork

After a day doing what lights you up, this Kundalini practice introduces the Warrior. You'll release built-up tension, reconnecting with a slower rhythm and returning to the theme of spinal energy where we explore how mobility, posture, and movement influence how we feel. As the saying goes, you're only as young as your spine.

## 9.30-10.30 Breakfast continental spread

## 10.30-12.30 Brunchtime Session

Here, we channel the rawness of anger, not as something to fear, but as a catalyst for clarity, strength and purpose. It's an emotion which many try to suppress but can lead to resistance and resentment when we deny it. By connecting with the fierceness of the warrior, we see the difference between acting from strength and acting from ego.

## 12.30-18.00 Free Time

Another afternoon of time for you, whatever that may be.

## 18.00-20.00 Twilight Session

Our final session allows us to reflect upon all of the archetypes of the tour and lets us build new internal foundations which the father archetype symbolises. Focusing on the masculine energies within and around us, we consider the influence they've had through our lives, as we make an oath to ourselves and our journey ahead.

## 20.00-21.30 Evening Meal

A quiet relaxing evening at the villa, with a variety of cooked meats and salads.

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THE FATHER

## 8.00-18.00 Celebration Day

It's another breakfast in a bag, as we prepare for our day under the Italian sunshine. Our morning begins with a private boat tour, gliding across the sparkling sea to visit the cave formations of Capri. Expect high energy, laughter and a toast on route! The afternoon is yours to enjoy on the island. Stroll through the square with its designer shops and many lively cafés or venture up to the charming whitewashed streets of Anacapri by convertible taxi and catch the chair lift to the panoramic views.

## 19.30-21.30 Celebration Evening

It's time to say our final goodbyes, as we go out with a bang and celebrate the connections and realisations made. Tomorrow morning, we depart at 10am.



# Updated kit list

For sessions:



3 loose tops  
3 comfortable bottoms

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2 Day outfits for Capri and Amalfi

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2 relaxed evening outfits for the villa  
2 nice evening outfits for meals out

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Jumper & Jacket for cooler evenings

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Swimming Costume, Sunhat, SPF,  
Sunglasses, Beach bag & Beach Towel

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Toiletries & underwear. ear plugs for sleep  
and insect repellent in Italy are a must!

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1 x pair of sandals and trainers

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Essential travel documents + bank card/  
travel money + cash for transfers (listed)



# Our Villa

## OLGA'S RESIDENCE, NERANO



### Home

We are delighted to welcome you to our residence. Olga's residence is located in the main square of Nerano, near the sea and a few steps from the path to the Bay of Ieranto.

 Olga's residence

### THE LOCATION

Nerano is a small fishing village tucked between Sorrento and the Amalfi Coast, known for its crystal-clear waters and relaxed, authentic charm. It's famous for spaghetti alla Nerano—a simple yet iconic pasta with zucchini and cheese— which you'll find in most of the family-run restaurants and bars, dotted along the beachfront.

### THE VILLA

Olga's Residence is a charming villa with five spacious apartments, each offering a self-contained kitchen, living area, and terrace. The property is complete with a communal garden and swimming pool, creating the perfect place to relax. Just opposite, you'll find a small supermarket for everyday essentials. The beach and Marina del Cantone are only a 20–30 minute walk away.

### ON SITE AMMENTITIES

The venue is equipped with modern comforts including Wifi, hairdryers, washing machine, iron, TV, air conditioning and heating. Guests can also enjoy convenient touches such as coffee and tea-making facilities, while safety is ensured with security cameras, smoke and carbon monoxide detectors, and fire extinguishers. Outdoors, there's a shower, sun loungers, and beach towels, making it easy to relax and soak up the Mediterranean atmosphere.