THE SELF-DISCOVERY TOUR

Coastal

THE AMALFI COAST

@wellnessandwondergb

The Package

The Self-Discovery Tour: Coastal Edition is open to anyone aged 18 or over, making it ideal for couples, friends, and solo travellers alike. Often described as fun and freeing, the tour leaves you feeling more alive, connected, and appreciative of the world around you, from the sparkling sea to the unforgettable sunsets.

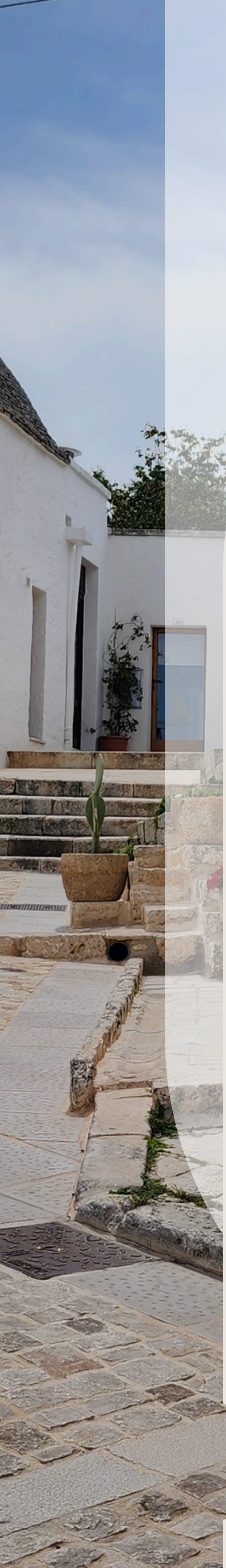
Each Discovery Tour combines self-development with adventure, bringing together reflective sessions and meaningful experiences that help you notice and connect with parts of yourself you may not usually have time to explore. The excursions are not an add-on; they are an essential part of the process, thoughtfully planned to help you integrate the insights and learning from each session.



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

You'll recognise your inner critic through the Shadow, build stronger inner foundations through the Father, and find a sense of belonging through the Everyman.

Like all TSD Tours, this experience is designed to help you understand yourself in a way that feels practical, grounded, and relevant.



The Package

INCLUSIONS

- **The Signature Archetypal Programme. 7 sessions** focused on The Everyman, Shadow and Father, these include:
- **1 Kundalini Breathwork Session**
- **1 Somatic Movement Session**
- **1 Evening Somatic Breathwork Session**

- **Return flights** from Manchester to Naples
- **Return transfer** from Naples airport to Villa
- **5 nights accommodation** in private villa, with pool
- **4 breakfasts** and **4 evening** meals
- **Free Day** or optional extra of shared boat to Capri
- **Private boat ride** to Positano with all inclusive bar
- **Evening in Nerano Bay** to finalise the celebrations

Tourist tax, lunches, drinks and optional extras are not included.

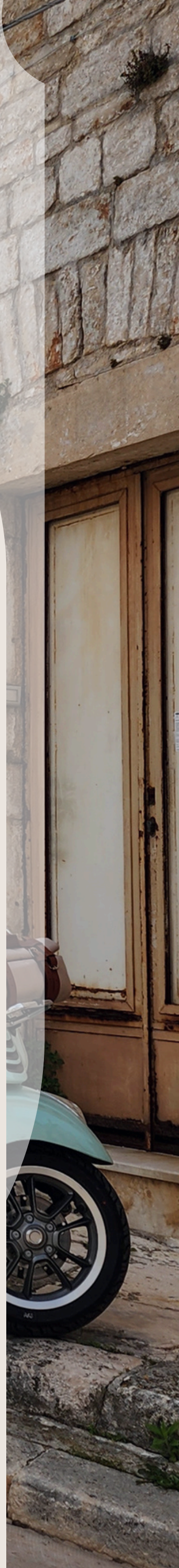
SPENDING

A suggestion of 50 euros per day for:

- Lunch and drinks each day
- Final evening meal in Nerano bay*
- Souvenirs & extra experiences e.g. Capri chair lift

Additionally, please bring the following in cash:

- Tourist Tax (€30 for the stay)
- Optional Boat Tour to Positano + Amalfi (€70pp). Boat tour is with: www.coopsantonio.com
- Minimum of €30 for tipping across the week



The countdown begins for

THE SELF DISCOVERY TOUR

Coastal Edition



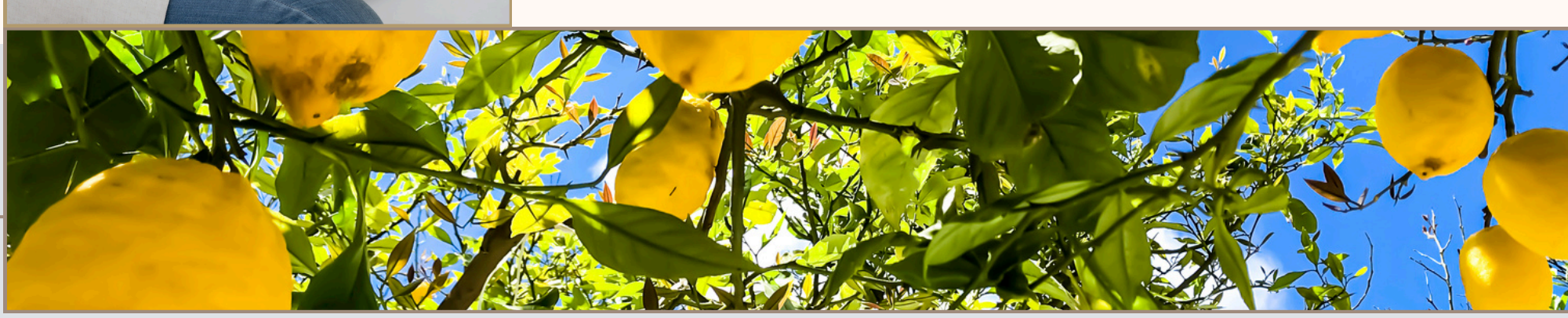
Hi, I'm Georgina, founder of The Self-Discovery Tours.

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 trips 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 empowering and life-changing. Seeing these shifts is something I never get tired of.

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



OVERVIEW

1

GROUND + RELAX

16:00–19:00 Check-in & Relax*

As flights may arrive late, we won't schedule a session on the first evening. This gives you time to settle in, enjoy the villa, and set your intentions for the five nights ahead.

19:00–20:00 Welcome Meeting (Dinner area)

20:30–22:30 Evening Meal*

This is a lovely opportunity to get to know the group as we dine at Zaghera, the restaurant across the road. With its intimate setting, it's the perfect place to try Spaghetti alla Nerano, a famous local delicacy. Georgina will ask you to pre-order, so you can choose your main course and dessert in advance. Starters/ drinks additional.

A Detailed OVERVIEW

2 THE EVERYMAN + SHADOW

8:30–9:30 Morning Movement (Rooftop Terrace)

We begin the day with a Kundalini activation based on our focus archetypes. This is sure to release stagnant energy, leaving you centred for our journey ahead.

9:30–10:15 Breakfast

11:30–13:30 Brunchtime Session (Private beach platform)

After a day of travel, we'll ease into our first session by the beach, where you'll be introduced to archetypes: timeless patterns that shape human behaviour. Inspired by the Greek legend of Odysseus, the tour explores themes of adventure, challenge, discovery, friendship, monsters, and sirens. As an Everyman tale, it invites us to reflect on our own journeys through trials and triumphs.

13:30–17:30 Free Time

Whether you prefer to remain at our beach platform and soak up the sun, grab some lunch at one of the beach bars, or head back to the villa to lounge by the pool—this is your time. A moment to tune in to what you truly need. The last bus is at 16:30.

18:00–20:15 Twilight Session (Dinner area)

With an understanding of archetypes and their potential to empower us, we'll explore the part of ourselves we often keep hidden: the Shadow. We'll look at how it connects with the Inner Child, how it shows up in our lives, and how we can meet it with curiosity and compassion rather than judgment.

20:30–22:30 Evening Meal

There's no need to dress up tonight. We'll enjoy a relaxed meal at the villa, with generous portions of lasagne, salad, and tiramisu delivered by Zaghera.

3 INTEGRATION DAY

8:30–17:30 Free Day or Shared Boat Trip to Capri

This excursion is optional. Alternatively, you can relax at the villa, visit Naples, Sorrento, Bagni della Regina Giovanna, or Pompeii, take a local walk in Nerano, or hike the Path of the Gods.

Breakfast will be provided in a bag, as those joining the excursion will leave early for the marina. The boat will take us around the coast of Capri, where you'll have the chance to admire a succession of natural grottos. You'll have six full hours to explore the island, visit Capri Square, with its designer shops and lively cafés, or wander through the whitewashed streets of Anacapri, meaning "above Capri," where you'll find the famous chairlift. Please return to the marina by 3 p.m. We'll leave the island at 3:45 p.m., when the boat tour will continue and return us to Nerano bay.

17:30–19:00: Free Time by the Marina

With no evening session scheduled, take the opportunity to enjoy the Nerano coastline as the sun sets. We'll catch the 19:00 bus back, then gather at the villa at 20:30 for a pizza party, with pizzas baked in the villa's oven.

A Detailed OVERVIEW

4 THE IT + THE FATHER

9:30–10:30 Morning Movement (Rooftop Terrace)

After yesterday's long day at sea, we'll begin a little later this morning. Building on our first full day, when we explored the Shadow, this session focuses on how movement can help us process emotions held in the body.

10:30–11:15 Breakfast

11:30–13:30 Brunchtime Session (By the Pool)

We've explored the Shadow and the origins of our early patterns. Now we turn to the IT, the inner voice that can unconsciously shape our lives. We'll notice when it appears, explore the ways it holds us back, and practise responding from a more empowered state. This session often leads to powerful breakthroughs, opening the way to fresh perspectives. We'll finish with a beautiful, cleansing meditation.

13:30–17:30 Free Time

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

18:00–20:15 Twilight Session (By the Pool)

This session invites us to trust ourselves and our inner guidance. We'll explore how masculine energies have shaped our journey and strengthen our inner foundations through the Father archetype. We'll close with a powerful breathwork practice beneath the night sky.

20:30–21:30 Evening Meal

We'll have a relaxing evening at the villa, with pasta, bruschetta, and dessert.

5 INTEGRATION

9:00–17:00 Celebration Day*

We'll have breakfast in a bag as we prepare for a day under the Italian sun. Our morning begins with a private boat tour, gliding across the sparkling sea to visit Positano. Expect high energy, laughter, and a toast en route! You'll admire the picturesque Fiordo di Furore and the old town of Praiano before we dock. On our return, there's chance to swim in the ocean or enjoy the free bar on board. We recommend bringing a change of clothes, as we'll spend our final evening in Nerano. This is the only evening meal not included, unless the arrival flight is a later one.

17:00–21:00 Nerano by night

We'll dine out in Nerano, where the restaurants come alive at the weekend. We'll celebrate the connections and realisations we've shared, then catch the last bus back at 21:00, ready for our final session tomorrow. It's not one to miss!





A Detailed OVERVIEW

4

CLOSING

9:00–11:00 Closing Session

This meaningful session brings our journey to a close. We'll come together one final time to reflect on our everything we've shared and discovered, including our work with the Father and IT. We'll consider what we're ready to leave behind and what we want to carry forward before making a personal oath to honour our inner truth and trust the path ahead. It's a powerful and meaningful way to complete our time together and a memorable way to say out final goodbyes.

A shared transfer will take all guests to the airport for th same time and in line with your flight times. If you wish to go separately, you will need to arrange altermate transport. This is not included in the cost.





*A Little Note About the Itinerary

Please note that the itinerary includes four evening meals in total. If your flight arrives later than scheduled, we won't eat out on the first evening. In that case, the final evening meal will be included instead, so you still receive four evening meals overall.

The itinerary is flexible and may be adjusted around flight times. If flights arrive earlier, we may bring sessions forward into the arrival day, ensuring that all included workshops and experiences take place without needing to extend our villa checkout time. The above itinerary reflects 2026 flights where we were able to gain a later checkout, but this remains at the venue's discretion.

Timings may change, but the experiences won't. We'll adapt sessions around flights, transfers, and checkout arrangements so that every included workshop and experience can take place, unless unforeseen circumstances, such as adverse weather, make this impossible.

What to Pack

- [ ] For sessions:
  4 x loose tops
  4 x comfortable bottoms **(at least 1 long pair)**
  Yoga mat (if possible/room in case).
- [ ] 2 x daytime outfits for Capri and Positano
- [ ] 2 x relaxed evening outfits for the villa
  2 x smart evening outfits for Zaghera+Nerano
- [ ] A jumper **and** jacket, as evenings can be cold.
- [ ] Swimsuit, sun hat, SPF, sunglasses, beach bag, and beach towel.
- [ ] Toiletries, underwear, **earplugs, and insect repellent** are essential in Italy.
- [ ] 1 x pair of sandals and trainers
- [ ] Essential travel documents, bank card, travel money, and cash listed under ‘Spending’

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 on the Amalfi Coast, between Sorrento and Positano. Whereas Capri and Positano have a masculine nergy, Nerano feels much more femine witth its crystal-clear waters, relaxed and authentic charm, and family-run restaurants and bars along the beachfront.

THE VILLA

Olga's Residence is a charming villa comprising five spacious apartments, each with its own kitchen, living area, and terrace. The property also features a communal garden and swimming pool, providing a relaxing space to unwind. A small shop next door offers everyday essentials, while Zaghera restaurant is just across the road. The beach and Marina del Cantone are approximately a 20–30-minute walk away.

ON-SITE AMENITIES

The venue is equipped with comforts including Wi-Fi, hairdryers, washing machine, iron, TV, air conditioning and heating. 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.

https://www.olgasresidence.com