

PRICE PER PERSON

THE PROGRAM IS AIMED AT SMALL GROUPS
OF UP TO 10 PEOPLE

EASY € 850,00 *

Includes all the services listed in the program.
Price does not include overnight stay.

SOCIAL € 1261,00 *

The price includes all the services listed in the program, 4 overnight stays (in shared rooms for 2 and 3 people) and materials.
Shuttle from Fattoria Lombardo to Menfi - Porto Palo - Lido Fiori during leisure time.

RELAX € 1536,00 *

The price includes all the services listed in the program, 4 overnight stays in a double room for single use and materials. Transfer from the airports of Palermo and Trapani to Fattoria Lombardo. Shuttle from Fattoria Lombardo to Menfi - Porto Palo - Lido Fiori during leisure time.

* Infusions, Water and Wine are included in the price.

NOT INCLUDED SERVICES

Other rental services on site are excluded from the price.

COACHING "ONE-TO-ONE"

One to one coaching sessions are available during free time period at additional cost of € 60,00 per person (1 hour).

PROMOTION

If you bring a friend you will be entitled to a 20% discount.

HUMAN NATURE
H2N
H2N

COACHING AND TEAM BUILDING

For info and booking:
info@human2nature.it
Mobile: +39 3387785866

Human 2 Nature
Coaching and Team Building
Menfi (AG) - Sicilia, Italia
VAT: IT 02798340846

FOOD FOR THE SOUL

APRIL 27 - MAY 1
MENFI / SICILY / ITALY

"YOU ARE
WHAT
YOU EAT.
EXPLORE IN
DEPTH YOUR
CURRENT
DIETARY
HABITS,
LIFESTYLE
AND
GOALS."

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#stress-reduction / #motivation / #willpower / #healthy / #desire / #cooking

DAY 1

Check into your accommodation, relax and unwind. Meet your group and your coaches. Have a healthy dinner, get a good night's sleep and get ready to start in the morning!

DAY 2

7:00 Yoga and Meditation session
8:00 Breakfast
9:30 Nature walk combined with grounding** exercises
11:30 Introduction to healthy foods, you are what you eat. Explore in depth your current dietary habits, lifestyle and goals
13:00 Lunch
14:00 Free time
16:00 Workshop (topic varies daily)*
18:00 Cooking class
19:30 Dinner / Relaxation practise

DAY 3

7:00 Yoga and Meditation session
8:00 Breakfast
9:30 Nature walk combined with grounding** exercises
11:30 Group discussion
13:00 Lunch
14:00 Free time
16:00 Workshop (topic varies daily)*
18:00 Cooking class
19:30 Dinner / Relaxation practise

DAY 4

7:00 Yoga and Meditation session
8:00 Breakfast
9:30 Nature walk combined with grounding** exercises
11:30 Group discussion
13:00 Lunch
14:00 Free time
16:00 Workshop (topic varies daily)*
18:00 Cooking class
19:30 Dinner / relaxation practise

DAY 5

Leisure time on the first of May will be decided during the days, healthy take away lunch and water are included. Other on-site rental services are excluded from the price.

The program is aimed at small groups of up to 10 people.

We will focus on all aspects of your self-awareness, what you eat, how you eat, how you feed your mind and how you feel in your body. You will eat well and nourish your body with organic food. You will clear emotions that are an important part of your overall wellness and that will leave you emotionally balanced and energised. You will leave us with a new perspective and sense of life balance with mind, body and spirit though gaining self-knowledge and understanding of a health and wellness lifestyle.

* Workshops will vary day by day, but will include stress reduction techniques, discussions of motivation, willpower, ETF -Tapping, Matrix imprinting, cooking classes and more.

** Grounding is to perceive where your body is resting, "focusing" on every part of our body, legs, arms, hands, facial features. It is a technique to be aware of your body and the sensations it feels.

One to one coaching sessions are available during free time period at additional cost.

Each day offers mindfulness practices, physical practices like yoga, hiking and nature walks, discussions and workshops to help change unhealthy patterns of thinking and behavior.



SHORUQ BURJAQ

THE COACH

SPECIALISATION

I am a true believer that healing comes from within ourselves, and only when we resolve personal traumas, limiting beliefs and understand why we do what we do, is when we can bring about change. My passion is to guide people through their own healing journey to find the way to heal themselves, find the power to take control of their health, well being and experience passion, peace and happiness which are their natural state of being.

WHO I AM

I am an advanced EFT, Advanced Theta healing and Matrix Re-Imprinting Practitioner. I help people to overcome anger, anxiety, depression, panic attacks, weight issue, stress, trauma and restore mental and emotional wellbeing.

STUDIES

- Bachelor of arts in English Literature
- Certified chef
- Theta healing advanced practitioner
- Emotional freedom techniques advanced practitioner
- Matrix reprogramming practitioner
- Reiki Practitioner

LOMBARDO ORGANIC FARM

LOCATION

Set in a natural Mediterranean landscape of vines and olive groves, Lombardo's family run organic farm has every modern comfort from well-equipped rooms to numerous verandas. A perfect location away from city noise and the hustle and bustle of everyday life where regenerating body and soul comes naturally.



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