

# ESE Retreat

17 / 19 October – Fermo, Marche



## Friday, October 17

- **Afternoon:** Departure from Florence
- **Evening:** Arrival in Fermo, group cooking dinner, and team-building games

## Saturday, October 18

- **Morning:** Sports Tennis and/or Rebounding, ESE Philosophy session
- **Lunch:** Light meal
- **Afternoon:** Pizza-making class + preparation of cornetti
- **Evening:** Group games and after-dinner party

## Sunday, October 19

- **Morning:** Shared breakfast, ESE Philosophy session with guided breathwork, awards ceremony
- **Early afternoon:** Departure to Florence

**PRICE 320 €**  
**ALL INCLUSIVE!**