

DAILY WELLNESS ACTIVITIES SCHEDULE

Monday 15/07	Tuesday 16/07	Wednesday 17/07	Thursday 18/07	Friday 19/07	Saturday 20/07	Sunday 21/07
08:00 - 09:15	07:30 - 09:30	07:30 - 10:00	09:00 - 09:45	08:00 - 10:30	07:30 - 10:00	10:00 - 10:45
Hiking Mystras to Lagadiotissa (Level: Easy)	Hiking Mystras to Sotiras (Level: Easy to Moderate)	Hiking Mystras to Anavriti (Level: Moderate to Advanced)	Tabata Workout	Hiking on Mystras Castle (entrance fee of 12€ p.p.)	Hiking Mystras to Taigeti (Level: Moderate to Advanced)	Qi Gong
10:00 - 11:15	10:30 - 11:45	10:30 - 11:45	12:30 - 13:00	10:00 - 11:15	10:30 - 11:45	12:00 - 12:30
Yin Yoga (Beginners- Moderate)	Yoga - Vinyasa (Beginners- Moderate)	Yoga - Vinyasa (Beginners- Moderate)	Energy Movement	Therapeutic Yoga	Yoga - Vinyasa (Beginners- Moderate)	30' Core Exercises
12:00 - 13:00					12:30 - 13:30	
Yogilates					Yogilates	
16:30 - 17:15	12:30 - 13:30	12:30 - 13:30	16:30 - 17:15	12:00 - 13:00	17:00 - 18:00	17:00 - 17:30
Mat Pilates	Yogilates	Yogilates	Mat Pilates	YogiLates	Tai Chi	Energy Movement
19:00 - 19:45	19:00 - 19:45	18:00 - 18:30	18:00 - 18:45	17:00 - 19:00	19:00 - 19:45	19:00 - 19:30
Lecture on Nutrition	Lecture on 5 Elements	30' Forest Walk	Qi Gong	Healing Food Workshop (participation fee 50€ p.p.)	Lecture on 5 Elements	30' Fit Walk
Morning walks/Hiking (Walking sticks available)	Meeting point at Hotel Reception			Lectures & Meditation	Will be held at Yoga Hall II (Floor 3)	
Morning Yoga	Beginners to Intermediate			Kindly book in advance for the Cooking Lesson	Please sign in at the Spa Reception	
Fitness & Yoga Classes	Will be held at Yoga Hall I (Floor 3)			p.p.	Price per person	



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