

## 6/7 Days Inspiring yoga

### -Day 1:

- \* 17:00 (or later) Check in
- \* 19:00 Dinner and introduction
- \* 22:00 Silence

### -Day 2:

- \* Morning Yoga and Pranayama
- \* Breakfast
- \* Free time
- \* End of afternoon Yin Yoga
- \* Dinner
- \* 22.00 Silence

### -Day 3:

- \* Morning Yoga & Pranayama
- \* Breakfast
- \* (Late morning) Mindful walk in natural park, opportunity to extend this as a day activity
- \* Free time & dinner at your own cost in a local restaurant
- \* 22:00 Silence

### -Day 4:

- \* Morning Beach yoga, introduction to acro yoga & photo shoot
- \* Breakfast
- \* Free time
- \* End of afternoon yoga nidra
- \* Dinner
- \* 22:00 Silence

### -Day 5:

- \* Morning Yoga & Pranayama
- \* Breakfast
- \* Free time
- \* Group reiki healing with drum (by min 4 pers otherwise yoga class)
- \* Free evening
- \* 22:00 Silence

### -Day 6:

- \* Morning Yoga & Pranayama
- \* Breakfast
- \* 10:00 Check out

**For 7 Days guests:**

- \* Afternoon Yoga
- \* Dinner

-Day 7:

- \* Morning Yoga & Pranayama
- \* Breakfast
- \* 10:00 Check out

**6/7 Days Inspiring yoga and surf week (3 days of surf incl)**

-Day 1:

- \* 17:00 (or later) Check in
- \* 19:00 Dinner and introduction
- \* 22:00 Silence

-Day 2:

- \* Morning Yoga and Pranayama
- \* Breakfast
- \* Surf class
- \* End of afternoon Yin yoga
- \* Dinner
- \* 22.00 Silence

-Day 3:

- \* Morning Yoga & Pranayama
- \* Breakfast
- \* Surf class
- \* Mindful walk in natural park
- \* Free time & dinner at your own cost in a local restaurant

-Day 4:

- \* Morning Beach yoga, introduction to acro yoga & photo shoot
- \* Breakfast
- \* Surf class
- \* End of afternoon yoga nidra
- \* Dinner
- \* 22:00 Silence

-Day 5:

- \* Morning Yoga & Pranayama
- \* Breakfast

- \* Free time: optional extra surf classes
- \* Group reiki healing with drum (min 4 pers)
- \* Free evening

-Day 6:

- \* Morning Yoga & Pranayama
- \* Breakfast
- \* 10:00 Check out

**For 7 Days guests:**

- \* Afternoon Yoga
- \* Dinner

-Day 7:

- \* Morning Yoga & Pranayama
- \* Breakfast
- \* 10:00 Check out