



6 Days Beach Yoga Holiday

Below the planned program for your beach yoga holiday. The program is less intense than a Yoga Retreat in Prana Casa, since we can host only 2-4 guests in The Beach House compared to max 8 guests in Prana Casa.

The concept is also different since our goal is to be able to host individuals who would like to have the experience of 'living' on the beach without having to rent an entire house their selves. In The Beach House you will stay with same minded people, you will have a basic structure with high quality yoga classes and breakfasts and 2 dinners included.

You can use the kitchen/ bbq and garden together or alone and live celebrate YOUR holiday time.

Day 1:

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

Day 2, 3:

- * Morning Yoga and Pranayama on the beach
- * Breakfast
- * Beach time, surf or any other activity, mindful walk over the cliffs

Day 4:

- * Morning yoga, introduction to acro yoga & photo shoot
- * Breakfast

Day 5:

- * Sleep in or do your own yoga practice
- * Help yourself breakfast
- * Free time
- * End of afternoon guided yoga nidra (sleeping meditation)
- * Dinner

Day 6:

- * Morning Yoga & Pranayama
- * Breakfast
- * Check out at 11am