

The Daily Schedules

Monday, 22nd September

- From 15.00 Arrivals. Meeting and Greeting
- 18:30 Dinner
- 20:00 Opening Circle

Tuesday, 23rd September

- 08:30 Breakfast and break
- 11:00 Mindful energising yoga flow, followed by meditation - 60 min class
- 12:30 Lunch
- 14.00 The walk or cycle to the natural fresh water spring
- 17:30 Evening Yin/Restorative yoga - 75 min class
- 19:30 Dinner

Wednesday, 24th September

- 08:30 Breakfast
- 10:00 Trip to Ostuni, where we'll have lunch (the trip is included in the retreat's price, you only pay for your lunch)
- 17:30 Evening Yin/Restorative yoga - 75 min
- 19:30 Dinner

Thursday, 25th September

- 08:30 Breakfast and break - in silence
- 11:00 Mindful energising yoga flow, followed by meditation - 60 min
- 12:30 Lunch
- 14.30 The walk or cycle to the natural salt lake with flamingos
- 17:30 Evening Yin/Restorative yoga, followed by yoga Nidra - 75 min
- 19:30 Dinner

Friday, 26th September

- 07:30 Meditation near the sea
- 08:30 Breakfast and break - in silence
- 11:00 Mindful energising yoga flow - 60 min class
- 12:30 Lunch
- 14.00 Free time
- 17:30 Evening Yin/Restorative yoga and Closing Circle -75 min
- 19:30 Dinner

Saturday, 27th September

- 08:30 Breakfast
- Till 10:30 Departures. Saying goodbyes

Please note: The schedule may change slightly closer to the time, depending on circumstances. All activities are optional, so you are free to do your own thing.