

	Activity Programme Week Commencing 9 <sup>th</sup> January 2023						Activity type	Yoga	Detox and Weight Loss	Life Makeover	Relax and Rejuvenate
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
8.00-9.30	Hatha Yoga [All Levels] (Tania)	Beach Walk [Easy] (Caroline)	Hatha Flow Yoga [All Levels] (Cristina)	Iyengar Inspired yoga [Intermediate] (Amanda)	Beach Walk [Easy] (Amanda)	Vinyasa Yoga [Intermediate] (Cristina)	<b>7.30 – 9.30</b> Lighthouse Walk [Moderate] (Tania)				
9.30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast				
10.30-12.00	<b>10.30 – 12.30</b> Vista Walk [Challenging] (Tania)	Hatha Yoga [All Levels] (Caroline)	<b>10.30 – 12.30</b> Lighthouse Walk [Moderate] (Cristina)	Hill Walk [Moderate] (Amanda)	Yin Yang Yoga [All Levels] (Amanda)	Campo Walk [Challenging] (Cristina)	Albir Market (SelfGuide)	Yin Yoga [All Levels] (Tania)			
12.15-12.45		Aqua Aerobics (Caroline)		Rebounding (Amanda)	Legs, Bums and Tums (Amanda)	Pilates (Cristina)		Dance Fit (Tania)			
1.00 – 1.30	Meditation (Tania)	Meditation (Caroline)	Meditation (Cristina)	Meditation (Amanda)	Meditation (Amanda)	Meditation (Cristina)	Rest				
1.30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch				
	Siesta (*wc 2.15pm)	Siesta (wc 2.15pm)	Siesta (wc 2.15pm)	Siesta (wc 2.15pm)	Siesta (wc 2.15pm)	Siesta (wc 2.15pm)	Siesta (wc 2.15pm)				
3.30	Juicing Demo (Cristina & Tania)	Kundalini Yoga [Intermediate] (Raphaella)	<b>3.30 – 4.15pm</b> Cooking Demo	<b>3.30 – 4.15pm</b> Yogalates (Tania)	EFT Tapping Workshop (Amanda)	<b>4 – 4.30 pm</b> Rebounding (Amanda)	Hatha Flow Yoga [Intermediate] (Cristina)				
4.30	Juice	Juice	Juice	Juice	Juice	Juice	4.00 Juice				
5.00-6.00 pm	Creativity – Intention Rocks (Cristina)	<b>5.00 – 5.45pm</b> Rebounding Plus (Cristina)	Hatha Yoga [All levels] (Amanda)	Restorative Yoga [All Levels] (Tania)	Muscle Pain Relief Workshop (Ruben)	Hatha Yoga [All levels] (Amanda)	<b>5.00 – 5.45pm</b> Core Works (Cristina)				
6.15	Dinner	Dinner (& dessert)	Dinner	Dinner	6.15 pm Virgin Cocktails 6.30 pm Dinner with dessert	Dinner	Dinner				
7.15-8.45 pm	Creating Balance in Your Life Workshop (Cristina and John)	Mindfulness Workshop (Cristina)	<b>7.15 – 8pm</b> Guided Visualisation (Amanda)	Finding the Authentic You Workshop (Tania)		Finding your Life Purpose Workshop (Amanda)	<b>7.15 – 8pm</b> Yoga Nidra (Cristina)				

\* wc = welcome chat (our daily welcome for guests who have arrived that day or the afternoon / evening before)

You are welcome to join in all activities at La Crisalida. Please can you bring all your yoga equipment to the yoga classes.