

	Sat 13/8	Sun 14/8	Mon 15/8	Tue 16/8	Wed 17/8	Thu 18/8	Fri 19/8
8am			All Levels Flow Yoga w. Lindsey 8am - 9am			Dynamic flow Yoga w. Charlotte 8am - 9am	
9am	Brunch 9am - 10am	Connect - Yoga w Lindsey 8:30am - 10am	Vibrant morning flow w. Lindsey 9am - 10am	Strengthen + Stretch- 9am - 10am	Balance + Stability- Yoga w. Charlotte 8:30am - 10am	Flow with ease, Yoga w. Charlotte 9am - 10am	Integral flow & finale- Pilates w. Jo 8:30am - 10am
10am	Room check out,	Breakfast + Lunch take away,	Breakfa st +	Breakfa st +	Breakfast + Lunch take away,	Breakfast + Lunch take away,	Breakfast + Lunch take away,
11am		Welcome chat w	Yoga	Pilates			
12pm		Welcome walk w. Lindsey 11:30am - 1pm		Essential Oil Workshop with			
1pm						Mindfulness + Metta meditation 12:30pm - 1:	
2pm							
3pm							
4pm							
5pm	Arrive- Gentle Yoga w Charlotte 5pm - 6pm	Pilates Fundamentals w. Jo 5pm - 6:30pm	A. Movement for health- Advanced Pilates w. Jo 5:15 - 6:15 B Movement for health- Beginners Pilates w. Jo 5:15 - 6:30	Yin Yoga + pranayama w. Lindsey 5pm - 6:30pm		B. Ball Control- Beginner Pilates 4:30pm - 5:30pm A. Ball Control- Advanced Pilates 5:30pm - 6:30pm	Reflect - Farewell Yoga w. Lindsey 5pm - 6:30pm
6pm							
7pm	Evening Welcome Meal 7pm - 8pm	Evening Meal 7pm - 8pm	Kushi Hona Charity Dinner	Evening Meal 7pm - 8pm		Evening Meal 7pm - 8pm	Farewell Evening Meal 7pm - 8pm
8pm							
9pm						Jo's Nutrition course (25€) 8pm - 10pm	