

	Sat 21/9	Sun 22/9	Mon 23/9	Tue 24/9	Wed 25/9	Thu 26/9	Fri 27/9
8am			Strengthen + Stretch, Resistance Bands w. Jo	Beginners Pilates Rings w. Jo 8am - 9am			
9am	Brunch 9am - 10am	Connect - Yoga w Lindsey 8:30am - 10am	Pathways to Integral health, chat w. Jo 9am - 10am	Advanced Pilates Flow w. Jo 9am - 10am	Balance- Yoga + Pranayama w. Christina 8:30am - 10am	Flow with ease w. Belen 8:30am - 10am	Flow & finale- Pilates w. Jo 9am - 10am
10am	Room check out,	Breakfast 10am - 11am	Breakfast 10am - 11am	Breakfast 10am - 11am	Breakfast 10am - 11am	Breakfast 10am - 11am	Breakfast 10am - 11am
11am		Welcome chat w					Farewell
12pm		The gift of attention, Mindfulness w. Charlotte					Essential Oil Workshop with Sara 11:30am - 12:45pm
1pm		Lunch 1pm - 3pm	Lunch 1pm - 3pm	Lunch 1pm - 3pm	Lunch 1pm - 3pm	Lunch 1pm - 3pm	Lunch 1pm - 3pm
2pm							
3pm							
4pm							
5pm				Aromatherapy Meditation w. Lindsey			
6pm	Arrive- Gentle Yoga w. Lindsey 6pm - 7pm	Principles + The Powerhouse, Pilates Fundamentals w. Jo 5pm - 6:30pm	Grounding All Levels Flow Yoga w. Belen 5pm - 6:30pm	Yin Yoga + pranayama w. Lindsey 5pm - 6:30pm		Pilates w. Sinead 5pm - 6pm	Reflect -Yoga + Meditation w. Lindsey 5pm - 6:30pm
7pm	Evening Welcome Meal 7pm - 8pm	Evening Meal 7pm - 8pm	Evening Meal 7pm -	Zoom Studio	FAMAL Charity Dinner	Evening Meal 7pm - 8pm	Farewell Evening Meal 7pm - 8pm
8pm				Jo's Nutrition course (25€) 8pm - 10pm			
9pm							