

## 5 DAYS PROGRAM – October 9 – 14, 2022

### DAILY SCHEDULE

#### Sunday, October 9th

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Arrival latest 14.00

For those arriving the night before or early morning -

	breakfast at Hemingway's Resto Bar
11:00 – 13.00	beach, pool, kayak, sup, hamam, sauna, spa
13.00 – 14.00	lunch at Beach Club
14.00 – 17.00	beach, pool, kayak, sup, hamam, sauna, spa
17.00	coffee, tea
17.30 – 19.00	<b>Mixed Flow Yoga class</b>
19.30 – 21.00	dinner at Hemingway's Resto Bar
21.15 - 22.30	Introduction Circle around Bonfire at the beach

#### Day 2 – Monday, October 10th

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07.30	coffee, tea, light snack: fruit / date / nuts
08.00 - 09.30	<b>Mat Pilates</b>
10.00 – 11.00	breakfast at Hemingway's Resto Bar
11:00 – 13.00	beach, pool, kayak, sup, hamam, sauna, spa
13.00 – 14.00	lunch at Beach Club
14.00 – 17.00	beach, pool, kayak, sup, hamam, sauna, spa
17.00	coffee, tea
17.30 – 19.00	<b>Mixed Flow Yoga class</b>
19.30 – 21.00	dinner at Hemingway's Resto Bar
	Live Music at Hemingway's Resto Bar

#### Day 3 – Tuesday, October 11th

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07.30	coffee, tea, light snack: fruit / date / nuts
08.00 - 09.30	<b>Mat Pilates</b>
10.00 – 11.00	breakfast at Hemingway's Resto Bar
11.30	meet at marina main piazza for boat tour** (day may change pending on weather)
12.00 – 16.00	boat tour including lunch on board
16.30 -17.15	rest, relax
17.15	coffee, tea
17.30 – 19.00	<b>Mixed Flow Yoga class</b>
19.30 – 21.00	dinner at Hemingway's Resto Bar
21.15 - 22.30	Bonfire or Beach Hang Out
	** bathing suits, towel, sunscreen

#### Day 4 – Wednesday, October 12th

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07.30	coffee, tea, light snack: fruit / date / nuts
08.00 - 09.30	<b>Mat Pilates</b>
10.00 – 11.00	breakfast at Hemingway's Resto Bar
11:00 – 13.00	beach, pool, kayak, sup, hamam, sauna, spa
13.00 – 14.00	lunch at Beach Club
14.00 – 17.00	beach, pool, kayak, sup, hamam, sauna, spa
17.00	coffee, tea
17.30 – 19.00	<b>Mixed Flow Yoga class</b>
19.30 – 21.00	dinner at Hemingway's Resto Bar
	Live Music at Hemingway's Resto Bar

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#### Day 5 – Thursday, October 13th

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07.30	coffee, tea, light snack: fruit / date / nuts
08.00 - 09.30	<b>Mat Pilates</b>
10.00 – 11.00	breakfast at Hemingway's Resto Bar
11:00 – 13.00	beach, pool, kayak, sup, hamam, sauna, spa
13.00 – 14.00	lunch at Beach Club
14.00 – 17.00	beach, pool, kayak, sup, hamam, sauna, spa
17.00	coffee, tea
17.30 – 19.00	<b>Mixed Flow Yoga class</b>
19.30 – 21.00	dinner at Hemingway's Resto Bar
21.00 - 22.30	Closing Session at Bonfire at the beach club

#### Day 6 – Friday, October 14th

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07.30	coffee, tea, light snack: fruit / date / nuts
08.00 - 09.30	<b>Mixed Stretch class</b>
10.00 - 11.00	breakfast at Hemingway's Resto Bar
12.00	Checkout and transfer to airport

Late checkout can be arranged if notified in advance