

5 DAYS PROGRAM – October 9 – 14, 2022

DAILY SCHEDULE

Sunday, October 9th

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 **Mixed Flow Yoga class**

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

07.30 coffee, tea, light snack: fruit / date / nuts

08.00 - 09.30 **Mat Pilates**

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 **Mixed Flow Yoga class**

19.30 – 21.00 dinner at Hemingway's Resto Bar

Live Music at Hemingway's Resto Bar

Day 3 – Tuesday, October 11th

07.30 coffee, tea, light snack: fruit / date / nuts

08.00 - 09.30 **Mat Pilates**

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 **Mixed Flow Yoga class**

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

07.30 coffee, tea, light snack: fruit / date / nuts

08.00 - 09.30 **Mat Pilates**

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 **Mixed Flow Yoga class**

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

07.30	coffee, tea, light snack: fruit / date / nuts
08.00 - 09.30	Mat Pilates
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	Mixed Flow Yoga class
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

07.30	coffee, tea, light snack: fruit / date / nuts
08.00 - 09.30	Mixed Stretch class
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