

5 DAYS PROGRAM – December 8 - 13, 2022

DAILY SCHEDULE

Day 1 – Thursday, December 8th

Arrival latest 14.00

For those arriving the night before or early morning -

08.00 – 10.30	Breakfast at Hemingway's Resto Bar
11.00 – 14.00	Relax, pool, gym, kayak, sup, hamam, sauna, spa, exploring the area
14.00 – 15.00	Welcome meeting
15.00 – 16.00	Lunch
16.00 – 18.00	Relax, pool, gym, kayak, sup, hamam, sauna, spa, exploring the area
18.00 – 19.00	Coffee, tea
19.00 – 20.00	Opening class, Vinyasa Yoga session with meditation
20.30 – 21.30	Dinner at Hemingway's Resto Bar
21.30 – 22.30	Acquaintance gathering

Day 2 – Friday, December 9th

07.30 - 08.00	Coffee, tea, light snack: fruit / date / nuts
08.00 - 08.30	Meditation with Pranayama practice
08.30 – 09.30	Vinyasa Yoga class
10:00 – 11.00	Breakfast at Hemingway's Resto Bar
11.00 – 14.00	Relax, pool, gym, kayak, sup, hamam, sauna, spa, exploring the area
14.00 – 15.00	Introduction to Mindfulness and Mindful Living
15.00 – 16.00	Lunch
16.00 – 18.00	Relax, pool, gym, kayak, sup, hamam, sauna, spa, exploring the area
18.00 – 19.00	Coffee, tea
19.00 – 20.00	Vinyasa Yoga class
20.30 – 21.30	Dinner and Live Music at Hemingway's Resto Bar
21.30 – 22.30	Group sound meditation

Day 3 – Saturday, December 10th

07.30 - 08.00	Coffee, tea, light snack: fruit / date / nuts
08.00 - 08.30	Meditation with Mantra Chanting
08.30 – 09.30	Vinyasa Yoga class with meditation and Mantra Chanting
10.00 – 11.00	Breakfast at Hemingway's Resto Bar
11.30 – 12.00	Meet at marina main piazza for boat tour ** (weather permitting)
12.00 – 16.00	Boat tour including lunch on board
16.00 – 18.00	Rest, relax
18.00 – 19.00	Coffee, tea
19.00 – 20.00	Vinyasa Yoga class
20.30 – 21.30	Dinner at Hemingway's Resto Bar
21.30 - 22.30	Visual group mediation
	** bathing suits, towel, sunscreen

Day 4 – Sunday, December 11th

07.00 - 08.00	Sunrise outdoor meditation
08.00 - 08.30	Coffee, tea, light snack: fruit / date / nuts
08.30 – 09.30	Vinyasa Yoga class with Pranayama
10:00 – 11.00	Breakfast at Hemingway's Resto Bar
11.00 – 14.00	Relax, pool, gym, kayak, sup, hamam, sauna, spa, exploring the area
14.00 – 15.00	Yoga as a life style- lecture about the yoga philosophy
15.00 – 16.00	Lunch
16.00 – 18.00	Relax, pool, gym, kayak, sup, hamam, sauna, spa, exploring the area
18.00 – 19.00	Coffee, tea
19.00 – 20.00	Yin Yoga with Mantra Chanting
20.30 – 21.30	Dinner at Hemingway's Resto Bar

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Day 5 – Monday, December 12th

07.00 – 07.30	Coffee, tea, light snack: fruit / date / nuts
07.30 – 08.20	Meditation. Longer session 40 min
08.30 - 09.20	Pranayama. Longer session 40 min with Vinyasa
10.00 – 11.00	Breakfast at Hemingway's Resto Bar
11:00 – 14.00	Relax, pool, gym, kayak, sup, hamam, sauna, spa, exploring the area
14:00 – 15.00	Silent walk (walking meditation)
15:00 – 16.00	Lunch
16:00 – 18.00	Relax, pool, gym, kayak, sup, hamam, sauna, spa, exploring the area
18.00 – 19.00	Coffee, tea
19.00 – 20.00	Asana Yoga Lab with meditation for love and kindness
20.30 – 21.30	Dinner at Hemingway's Resto Bar
21.30 - 22.30	Closing Session at the Gallery

Day 6 – Tuesday, December 13th

07.30 – 08.00	Coffee, tea, light snack: fruit / date / nuts
08.00 - 09.30	Vinyasa class
10.00 - 11.00	Breakfast at Hemingway's Resto Bar
11.00 – 12.00	Sharing circle with group meditation
12.00	Checkout and transfer to the airport

Late checkout can be arranged if notified in advance

The above schedule is our suggestion and offering, you are most welcome to pick and choose whatever feels right for you at any given time. No obligations.