

DAILY WELLNESS ACTIVITIES SCHEDULE

Monday 25/09	Tuesday 26/09	Wednesday 27/09	Thursday 28/09	Friday 29/09	Saturday 30/09	Sunday 01/10
08:00-09:30 <i>Advanced level</i> Hiking Mystras to Vlahohori (Level: Advanced) Distance: 3,4km Max Elevation:573m <i>*Registration required</i>	08:00-09:15 Yin Yoga <i>*Registration required</i>	08:00-09:30 Forest Fit Walk <i>*Registration required</i>	08:00-09:30 <i>Advanced level</i> Blue Path Forest Hike (Level: Advanced) Distance: 3km Max Elevation:554m <i>*Registration required</i>	08:30-10:30 Exploring the Trypi springs <i>*Registration required</i>	08:00-09:30 Hiking Mystras to Lagadiotisa (Level: Advanced) Distance: 3km Max Elevation:332m <i>*Registration required</i>	08:30-11:00 Walk in the Archaeological site of Mystras Castle (Level: Moderate to Advanced stone made path) Entrance fee in archaeological site 12€ Max Elevation:800m <i>*Registration required</i>
12:00-13:00 <i>Advanced level</i> Yoga Flow <i>*Registration required</i>	10:30-11:00 Breathing Exercises <i>*Registration required</i>	12:00-12:30 Stretching <i>*Registration required</i>	12:00-13:00 Free Your Voice <i>*Registration required</i>	11:00-12:00 5 Element Dance <i>*Registration required</i>	12:00-13:00 Traditional Indian Hatha Yoga <i>*Registration required</i>	
14:00-14:30 Stretching <i>*Registration required</i>	12:00-13:00 Group Meditation <i>*Registration required</i>	14:00-15:00 Circuit Training <i>*Registration required</i>	14:00-14:45 Qigong <i>*Registration required</i>	15:00-15:45 Abs & Legs <i>*Registration required</i>	14:00-15:00 Total Body Workout <i>*Registration required</i>	12:15-13:00 <i>Advanced level</i> H.I.I.T. Workout <i>*Registration required</i>
15:00-16:00 Total Body Workout <i>*Registration required</i>	17:30-18:00 Energy Movement <i>*Registration required</i>	16:00-17:00 Mediterranean Way of Eating Healthy Tips by the Euphoria Nutritionis <i>*Registration required</i>	15:30-16:00 <i>Advanced level</i> Trampoline Workout <i>*Registration required</i>	17:00-18:00 Mediterranean Way of Eating Healthy Tips by the Euphoria Nutritionis <i>*Registration required</i>	19:00-20:00 Group Meditation <i>*Registration required</i>	17:00-18:00 Yoga Nidra <i>*Registration required</i>
19:00-20:00 Traditional Indian Hatha Yoga <i>*Registration required</i>	19:00-20:00 Lecture on the 5 Elements <i>*Registration required</i>	19:00-20:00 Yoga Nidra <i>*Registration required</i>	19:00-20:00 Sound Healing Meditation <i>*Registration required</i>	19:00-19:45 Tai Chi <i>*Registration required</i>	20:00-21:00 Lecture on the Archaeological site of Mystras @Leoncini Library <i>*Registration required</i>	19:00-20:00 Sound Healing Meditation <i>*Registration required</i>

Morning hiking	Meeting point at Hotel Reception. <i>*Registration required until 7pm of the previous day @spa reception.</i> Please wear hiking shoes if you attend any hikes	Fitness & Yoga Classes	Will be held at Yoga Hall I, floor 3
Forest Walk	Meeting point at Spa Reception		



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RETREAT

Your Life. Your Journey.

