

# WEEKLY CALENDAR

*Your well being break*

A schedule designed to promote physical and mental well-being through classes in yoga, meditation, stretching, relaxation techniques, rituals, and fitness. More than just exercises, they are spaces to reduce stress, improve flexibility, and recharge your energy.

With options for all levels, everyone can find their own rhythm and moment of self-care. Whether to balance your energy or simply disconnect, there's always an experience for you.

Duration: 45 min

All activities cost 22 euros per session, per person, except the ones described under:

☞ Rituals of Connection that are complimentary.

All activities take place in the Spa & Wellness areas.

*01 - 30 June*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00						Hatha Yoga	
10:00	Mobility for Life		Inner Flow Yoga				Cliff Walk <small>(Rituals of Connection)</small>
11:00	Mindful Motion	Functional Strength	The Art of Breathing	Pilates		Sound Healing	Stretching
14:30				Sound Healing			
16:30		Aqua Alignment			Hydro Active Flow		

All activities cost 22 euros per session, per person.

The timetable can be adjusted without prior notice if necessary;  
Climatic factors such as low temperatures or rain may affect outdoor activities.

☞ Rituals of Connection