



AND



Friday

- 16:30** Guests arrive and settle in
Welcome drinks and snacks
- 17:00** Wind down yoga
- 19:00** Delicious two course meal
- 20:30** Yoga Nidra

Saturday

- 07:30** Light breakfast available
- 08:30** Wake-up yoga flow + meditation
- 11:00** Brunch
- 12:00** Coastal walk / sea dip / free time
- 14:00** Food workshop + lunch
- 15:30** Free time, explore local area, massages in main house (surcharge applies)
- 7:00** Yin + Restore Class
- 19:30** Delicious two course meal
- 21:00** Soundbath

Sunday

- 07:30** Strength building session
- 08:30** Wake-up and flow + Meditation
- 09:15** Free time
- 12:00** Cooked brunch
- 14:00** Free time, explore the Island, relax with a movie in the cinema room