



euphoria  
RETREAT

## DAILY WELLNESS ACTIVITIES SCHEDULE

Monday 31/01	Tuesday 01/02	Wednesday 02/02	Thursday 03/02	Friday 04/02	Saturday 05/02	Sunday 06/02
09:00-11:00	10:15-11:30	10:15-11:15	09:00-09:30	09:00-10:30	09:00-11:15	09:00-11:15
<b>Hiking Mystras to Sotiras</b> (Moderate) Distance: 6 km Max Elevation: 498m *Registration required until 7pm of the previous day @spa reception	Vinyasa Yoga *Registration required	Yoga Flow *Registration required	Abs & Legs *Registration required	<b>Hiking Mystras to Lagadiotissa</b> (Level: Easy) Distance: 3 km Max Elevation: 332m *Registration required until 7pm of the previous day @spa reception	<b>Hiking to Anavriti village</b> (Level: Moderate) Distance: 8km Max Elevation: 850m *Registration required until 7pm of the previous day @spa reception	<b>Walk in Mystras Castle</b> (Level: Moderate to Advanced stone made path) Entrance fee in archaeological site of 6€ Max Elevation: 800m *Registration required until 7pm of the previous day @spa reception
11:15-11:45	11:45-12:00	11:30-11:45	12:00-13:00	12:00-12:45	11:30-12:00	12:00-12:45
Stretching *Registration required	<b>Wood Element Qi-Gong</b> *Registration required	<b>Fire Element Qi-Gong</b> *Registration required	<b>Free your Voice!</b> *Registration required	Breathing exercises *Registration required	Stretching *Registration required	Sound Healing Meditation *Registration required
	12:15-13:15	12:15-13:15	13:30-14:30	16:00-16:45	12:15-13:00	12:00-12:45
	Mat Pilates *Registration required	Therapeutic Yoga *Registration required	Forest fit & Energy Walk *Registration required	Circuit Training *Registration required	Group Meditation *Registration required	Sound Healing Meditation *Registration required
18:00-19:00	18:00-19:00	16:00-16:45	16:00-16:45	17:00-17:45	16:00-16:45	16:00-16:45
Hatha Yoga *Registration required	Breathing exercises for Detox and Weight loss *Registration required	Total Body Workout *Registration required	TRX *Registration required	Group Meditation *Registration required	Total Body Workout *Registration required	TRX *Registration required
			18:00-18:45	19:30-20:30	19:00-20:00	17:00-18:00
			Sound Healing Meditation *Registration required	<b>Mystras Castle Lecture</b> @Leoncini Library *Registration required	<b>Lecture on Five Elements</b> *Registration required	<b>Qi-Gong</b> *Registration required

Morning hiking	Meeting point at Hotel Reception. Registration required by the previous day. Please wear hiking shoes.	Fitness & Yoga Classes	Will be held at Yoga Hall I, floor 3
Forest Walk	Meeting point at Spa Reception.	<b>Feel Alive Again activities</b>	Highlighted in green