



Explore your Borders  
17/10/2016 - 24/10/2016

Day	Hour	Information
Morning Yoga	8am	Cleansing Practices with Dynamic Flow
Brunch	10am	Served overlooking the sea
Free time	11am	Cleansing Practices with Dynamic Flow 10.30am Brunch Free time -Long excursions possible after breakfast till dinner
Tea Time	4pm	
Evening Yoga	5pm	Restorative Yoga/Meditation :: (Partner work, Mantra, Massage might be included)
Supper	8pm	Served overlooking the sea

Day

Hour

Information

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