



Mindful Yoga Getaway

Program Example

DAY 1

CHECK-IN FROM 2 PM AND WELCOME MEETING WITH THE HOSTS TO ORGANISE PROGRAM DETAILS;
A RELAXING EVENING IN NATURE;
STARGAZING AVAILABLE.

DAY 2

EARLY YOGA CLASS FOLLOWED BY HOMEGROWN FOOD FOR BREAKFAST;
CLEAN-UP ACTION AROUND THE VILLAGE;
WINE TASTING WITH THE HOSTS.

DAY 3

YOGA IN THE OPEN SKIES FOLLOWED BY BREAKFAST;
A MINDFULNESS WORKSHOP;
TEA TASTING IN THE EVENING.

DAY 4

EARLY MORNING YOGA FOLLOWED BY ORGANIC FOOD BREAKFAST;
A DAY TRIP FOR SWIMMING, HIKING OR CANYONING AT ONE OF THE CLOSE-BY SPOTS.

DAY 5

BREAKFAST AND A BIT OF RELAXING TIME IN NATURE;
YOGA OUTDOORS;
NUTRITION WORKSHOP WITH MEAL PREPARATION;
HIKING THE HEART AND BAREFOOT TRAILS.

DAY 6

BREAKFAST
CHECK OUT UNTIL NOON.

NOTE:

THIS PROGRAM COULD BE ADJUSTED TO MEET YOUR NEEDS!
