

Euphoria Wellbeing Festival

3-13 July

DAILY WELLNESS ACTIVITIES SCHEDULE

| Monday 30/06 | Tuesday 01/07 | Wednesday 02/07 | Thursday 03/07 | Friday 04/07 | Saturday 05/07 | Sunday 06/07 |
|--|---|--|--|--|---|--|
| 08:30-09:00 | 07:30-09:00 <i>Advanced level</i> | 09:30-11:00 | 07:30-08:30 | 07:30-09:00 <i>Advanced level</i> | 08:00-10:30 | 07:30-09:30 <i>Advanced level</i> |
| Energizing Morning Run <i>*Registration required</i> | Hiking Mystras to Agios Lias <i>*Registration required</i> | Hiking Mystras to Lagadiotisa (Level: Advanced) Distance: 3km Max Elevation:332m <i>*Registration required</i> | Village Fit Walk <i>*Registration required</i> | Hiking Mystras to Vlahohori (Level: Advanced) Distance: 3,4km Max Elevation:573m <i>*Registration required</i> | Visiting the Archaeological site of Mystras Castle with an archaeologist m.a. / tour guide (Level: Moderate to Advanced stone made path) Max Elevation:800m Entrance fee in archaeological site 20€ Cost: 35€/Person <i>*Registration required</i> | Hiking Mystras to Sotiras (Level: Advanced) Distance: 8,5km Max Elevation:498m <i>*Registration required</i> |
| 19:00-19:30 | 15:30-16:00 | 16:00-16:30 | 13:30-14:30 | 16:00-16:45 | 19:00-20:00 | 16:00-17:00 |
| Pranayama Breathing Exercises <i>*Registration required</i> | Cold Plunge Guided Breathing Exercises <i>*Registration required</i> | Cold Plunge Guided Breathing Exercises <i>*Registration required</i> | Lecture on the 5 Elements <i>*Registration required</i> | Qigong <i>*Registration required</i> | Yin Yoga <i>*Registration required</i> | Traditional Indian Hatha Yoga <i>*Registration required</i> |

| | | | |
|----------------|--|--|--------------------------------------|
| Morning hiking | Meeting point at Hotel Reception <i>*Registration required until 7pm of the previous day @spa reception</i> Please wear hiking shoes if you attend any hikes | Fitness & Yoga Classes | Will be held at Yoga Hall I, floor 3 |
| Forest Walk | Meeting point at Spa Reception | <i>Changes or cancellations might occur, due to unexpected circumstances</i> | |



euphoria
RETREAT

Your Life. Your Journey.

