

DAILY WELLNESS ACTIVITIES SCHEDULE

Monday 06/06	Tuesday 07/06	Wednesday 08/06	Thursday 09/06	Friday 10/06	GLOBAL WELLNESS DAY Saturday 11/06	Sunday 12/06
08:00-09:30 Hiking Mystras to Lagadiotissa (Level: Easy) Distance: 3km Max Elevation:332m **Registration required	08:00-10:30 <i>Advanced level</i> Hiking Mystras to Taigeti (Level:Advanced) Distance:7km Max Elevation:700m **Registration required	08:00-09:30 Euphoria Hike (Level: Moderate) Distance: 3,6km Max Elevation:530m **Registration required	08:30-09:00 Morning Run *Registration required	09:00-09:45 Village Fit Walk *Registration required	09:00-10:30 Global Wellness Day Euphoria Forest Bathing Experience *Registration required	08:00-10:30 Walk in Mystras Castle (Level: Moderate to Advanced stone made path) Entrance fee in archaeological site of 12€ Max Elevation:800m **Registration required
10:45-11:45 Weight Loss Breathing Exercises *Registration required	10:00-11:00 Yoga Flow *Registration required	10:00-11:00 Yin Yoga *Registration required	12:00-13:00 Free Your Voice! *Registration required	12:15-12:30 Metal Element Qi-Gong *Registration required	11:30-12:45 Vinyasa Yoga *Registration required	12:00-12:30 Aqua Gym *Registration required
13:00-13:30 Aqua Gym *Registration required	12:15-12:30 Wood Element Qi-Gong *Registration required	12:15-12:30 Fire Element Qi-Gong *Registration required	14:00-14:30 Breathing Exercises *Registration required	13:00-14:00 Yogilates *Registration required	13:00-14:00 5 Element Dance *Registration required	14:00-14:30 Energy Movement *Registration required
16:00-16:30 <i>Advanced level</i> HIIT *Registration required	13:00-14:00 Yogilates *Registration required	13:00-14:00 Mat Pilates *Registration required	16:00-16:45 Total Body Workout *Registration required	18:00-18:45 Sound Healing Meditation *Registration required	16:00-16:45 TRX *Registration required	17:00-17:45 Qi-Gong *Registration required
18:00-19:00 Hatha Yoga *Registration required	19:00-19:45 Circuit Training *Registration required	18:30-19:00 Energy Movement *Registration required	18:00-19:00 Hatha Yoga *Registration required	20:00-21:00 Mystras Castle Lecture @Leoncini Library *Registration required	20:00-20:30 Euphoria Global Wellness Day *Registration required	19:00-19:45 Lecture on 5 Elements *Registration required

Morning hiking	Meeting point at Hotel Reception. **Registration required until 7pm of the previous day @spa reception Please wear hiking shoes.	Fitness & Yoga Classes	Will be held at Yoga Hall I, floor 3
Forest Walk	Meeting point at Spa Reception.	Feel Alive Again activities	Highlighted in green



euphoria
RETREAT

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