



Euphoria
RETREAT

DAILY WELLNESS ACTIVITIES SCHEDULE

SMALL, LUXURY HOTELS OF THE WORLD

Independently minded

Monday 29/09	Tuesday 30/09	Wednesday 01/10	Thursday 02/10	Friday 03/10	Saturday 04/10	Sunday 05/10
<p>09:00-10:30 Advanced level</p> <p>Hiking Mystras to Vlahohori (Level: Advanced) Distance: 3,4km Max Elevation: 573m *Registration required</p>	<p>09:00-11:00 Advanced level</p> <p>Hiking Mystras to Sotiras (Level: Advanced) Distance: 8,5km Max Elevation: 498m *Registration required</p>	<p>09:00-10:30</p> <p>Hiking Mystras to Lagadiotisa (Level: Moderate) Distance: 3km Max Elevation: 332m *Registration required</p>	<p>09:00-10:30</p> <p>Forest Fit Walk to Agios Ioannis *Registration required</p>	<p>09:00-10:30 Advanced level</p> <p>Hiking Mystras to Agios Lias *Registration required</p>	<p>08:30-11:00</p> <p>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 *Registration required</p>	<p>11:00-12:00</p> <p>Forest Fit & Energy Walk *Registration required</p>
<p>11:30-12:15</p> <p>Qigong *Registration required</p>	<p>12:00-12:30</p> <p>Pranayama Breathing *Registration required</p>	<p>14:30-15:15</p> <p>Total Body Workout *Registration required</p>	<p>11:00-12:00</p> <p>Free Your Voice! *Registration required</p>	<p>12:00-13:00 Advanced level</p> <p>Vinyasa Yoga *Registration required</p>	<p>12:00-13:00</p> <p>Yin Yoga *Registration required</p>	<p>12:00-12:45</p> <p>Mat Pilates *Registration required</p>
<p>15:00-15:45</p> <p>Group Meditation *Registration required</p>	<p>16:30-17:30 Advanced level</p> <p>Vital Energy Kickboxing Class *Registration required</p>	<p>16:00-16:45</p> <p>Mat Pilates *Registration required</p>	<p>13:00-13:45</p> <p>Circuit Training *Registration required</p>	<p>15:00-15:30</p> <p>Stretching *Registration required</p>	<p>15:30-16:00</p> <p>Pranayama Breathing *Registration required</p>	<p>16:00-16:45</p> <p>Group Meditation *Registration required</p>
<p>19:00-20:00</p> <p>Traditional Indian Hatha Yoga *Registration required</p>	<p>19:00-20:00</p> <p>Yoga Nidra *Registration required</p>	<p>19:00-20:00</p> <p>Yin Yoga *Registration required</p>	<p>18:00-19:00</p> <p>Lecture on the 5 Elements *Registration required</p>	<p>19:00-19:45</p> <p>Qigong *Registration required</p>	<p>18:00-19:00</p> <p>Sound Healing Meditation *Registration required</p>	<p>19:00-20:00</p> <p>Traditional Indian Hatha Yoga *Registration required</p>

Morning hiking	Meeting point at Hotel Reception *Registration required until 7pm of the previous day @spa_reception Please wear hiking shoes if you attend any hikes
Forest Walk	Meeting point at Spa Reception
Fitness & Yoga Classes	
Will be held at Yoga Hall 1, floor 3	

Changes or cancellations might occur, due to unexpected circumstances