



WEEKLY PROGRAM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00-07:45	07:00-07:50	07:00-09:00	08:00-09:30	07:00-08:30	07:00-09:00	07:00-08:15
Mystras-Panagia Lagadiotissa (45')	Mystras-Agios Panteleimonas (50')	Mystras-Taigeti (2hr round trip)	Mystras Castle Tour	Mistras-Chapel of Sotira. (1.30hr)	Parori-Zagouna (1hour to go and 1hour to come back)	Faneromenis Monastery-Perganteika (1.15hr)
09:00-10:00/10:30	09:00-10:00/10:30	09:00-10:00/10:30	09:00-10:00/10:30	09:00-10:00/10:30	09:00-10:00/10:30	09:00-10:00/10:30
Morning Yoga	Morning Yoga	Morning Yoga	Morning Yoga	Morning Yoga	Morning Yoga	Morning Yoga
11:00- 11:50	11:00- 11:50	11:00- 11:50	11:00- 11:50	11:00- 11:50	11:00- 11:50	11:00- 11:50
Active Fitness Class	Active Fitness Class	Active Fitness Class	Active Fitness Class	Active Fitness Class	Active Fitness Class	Active Fitness Class
12:00-12:30	12:00-13:00	12:00-13:00	12:00-13:00	12:00-13:00	12:00-12:30	12:00-13:00
Energy Movement	Creative Yoga	Creative Yoga	Creative Yoga	Creative Yoga	Energy Movement	Creative Yoga
15:00-15:50	15:00-15:50	15:00-15:50	15:00-15:50	15:00-15:50	15:00-15:50	15:00-15:50
Mild Movement Class	Mild Movement Class	Group Meditation Session	Mild Movement Class	Mild Movement Class	Group Meditation Session	Mild Movement Class
18:45-19:30	18:45-19:30	18:45-19:30	18:45-19:30	18:45-19:30	18:45-19:30	18:45-19:30
Lecture on Euphoria Nutrition	Introduction to Skin Instants methodology	Lecture on Mystras Castle and History	Lecture on Euphoria Nutrition	Lecture on Mindfulness	Lecture on Psych aromatherapy	Introduction to Skin Instants methodology



Active Fitness Class	i.e. TRX, Functional, Circuit Training, Flowability
Mild Movement Class	i.e. Pilates, Stretching, Aerial Yoga
Creative Yoga	i.e. Chakra Dance, Yogi-Lates, Personalized Yoga