

## MONDAY

08.00 - 09.00

### YIN YOGA

Yoga Pavilion

09.15 - 10.15

### BODY WEIGHT TRAINING

Yoga Pavilion

10.00 - 11.00

### GARDEN TOUR

Meet up at the reception

18.00 - 19.00

### VINYASA POWER YOGA

Yoga Pavilion

20.00 - 23.00

### FEEL GOOD DJ SET

Nama

## TUESDAY

08.00-09.00

### REVITALIZING YOGA

Yoga Pavilion

09.00 - 09.30

### BODY SCAN MEDITATION

Yoga Pavilion

09.15 - 10.15

### FUNCTIONAL TRAINING

Outdoor spaces

18.00 - 19.00

### HATHA YOGA

Yoga Pavilion

20.00 - 22.00

### LUTE AND ECHOES OF CRETE

Nama

## WEDNESDAY

08.00 - 09.00

### AQUA YOGA

Yoga Pavilion

09.15 - 10.15

### ABS & HIPS WORKOUT

Outdoor spaces

18.00 - 19.00

### THERAPY YOGA

Yoga Pavilion

19.30 - 22.00

### RELAXING ACOUSTIC DUET

Nyn

20.00 - 23.00

### ATMOSPHERIC DJ SET

Nama

## THURSDAY

08.00-09.00

### NOURISHING MORNING YOGA

Yoga Pavilion

09.15-10.15

### HIIT TABATA

Outdoor spaces

09.00 - 10.00

### GARDEN TOUR

Meet up at the reception

18.00 - 19.00

### PILATES MAT

Yoga Pavilion

20.00 - 23.00

### FEEL GOOD DJ SET

Nama

## FRIDAY

08.00 - 09.00

### MORNING YOGA STRETCH

Yoga Pavilion

09.15- 10.15

### CORE TRAINING

Outdoor spaces

18.00-19.00

### STRESS RELEASING YOGA

Yoga Pavilion

20.00 - 22.00

### CLARINET & DJ MIX

OR

### MUSICAL ODYSSEY, FROM ANTIQUITY TO MODERNITY

Nama

19.00-20.30

### SOUND HEALING(€)

Upon request

## SATURDAY

08.00 - 09.00

### RYTHMIC YOGA FLOW INTERMEDIATE

Yoga Pavilion

09.15 -10.15

### PILATES

Outdoor spaces

18.00 -19.00

### HEALING YOGA

(every second week)

Yoga Pavilion

18.00 - 19.00

### ART TOUR AT MINOS

### BEACH ART HOTEL

Meet up at the reception

18.00 - 19.00

### FIRE CEREMONY

(every second week)

Meet up at the reception

20.00 - 22.00

### LYRE X LOOPS

Nama

## SUNDAY

18.00 - 19.00

### ART TOUR AT MINOS PALACE

Meet up at the reception

20.00 - 23.00

### ATMOSPHERIC DJ SET

Nama

DAILY BASIS UPON REQUEST

10.00 - 11.00

### COOKERY CLASS (€)

17.00 - 19.00

### PAINTING WORKSHOP(€)

# Weekly Recreational Plan