



# Santorini Greece

September 2016

## Sky Pilates and Yoga Retreats

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30	Arrival Day			Magic Circle Pilates Group A		Vinyasa Flow, Bandhas and Pranayamas		Departure Day
9:00		Rise & Shine Pilates Focus on breath and core activation	Hatha Yoga, Asanas & Pranayamas		Pilates Body Flow		Pilates Full Force	"See you next time!" Breakfast
9:30				Magic Circle Pilates Group B				
10:00		Brunch	Brunch		Brunch	Brunch	Brunch	
10:30				Brunch				
11:30								
12:00		Hiking excursion to Oia					Hiking Excursion in Guayadeque Ravine	
16:00								
17:00						(Optional) Catamaran Sailing Excursion with sunset dinner onboard		
17:30								
18:00		Yoga Suryanamaskar & Alignments	Classical Pilates Focus on the order and alignment of the classical format	Yoga & Yoga Nidra		Pilates with the Elastic Bands	Yoga and Meditation	
18:30								
19:00		Gentle Yoga Destress & Meditation						
19:30								
20:00						Dinner at the hotel for anyone not attending the Catamaran Sailing Excursion	Dinner	Farewell Dinner
20:30			Dinner	Dinner	Dinner			
21:00	Welcome Dinner							