

Gran Canaria Spain



Sky Pilates and Yoga Retreats

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30	Arrival Day			VINSAYA FLOW YIN FOR SPLEEN & STOMACH DYNAMIC HIPS OPENING PRACTISE PRANAYAMA MEDITATION				Departure Day
9:00		Rise & Shine Pilates Focus on breath and core activation	Classical Pilates Focus on the order and alignment of the classical format		"Pilates Body" Full body workout	Pilates with the Elastic Bands	Pilates Full Flow	"See you next time!" Breakfast
9:30								
10:00		Brunch	Brunch	Brunch	Brunch	Brunch	Brunch	
10:30								
11:30		Beach Excursion			Excursion to Tejeda and Roque Nublo/Evening Free		Hiking Excursion Temisas and Gran Canaria Observatory	
12:00								
16:00								
17:00								
17:30	Yin Yoga Destress & Meditation INTENTION: BANDHAS PRANAYAMA YIN FOR THE HEART, LUNGS & INTESTINES	VINYASA FLOW SUN SALUTATIONS DYNAMIC PRACTISE YIN FOR LIVER & GALLBLADDER MERIDIANS PRANAYAMA MEDITATION	YIN YOGA INTENTION YIN FOR THE KIDNEYS & BLADDER MERIDIANS PRANAYAMA MEDITATION	Magic Circle Pilates		VINYASA FLOW INTENTION DYNAMIC HEART OPENING PRACTISE PRANAYAMA MEDITATION	VINYASA FLOW INTENTION DYNAMIC BACKBENDING AND ARM BALANCING PRANAYAMA MEDITATION	
18:00								
18:30								
19:00								
19:30	Welcome Dinner	Dinner	Dinner Away	Dinner	Dinner Away	Dinner	Farewell Dinner	
20:00								
20:30								