



Sky Pilates and Yoga Retreats May 2017

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00	Arrival Day	Welcome chat with Ashley, Gema & Alex		Pilates Secondary Powerhouse Part 2 Shoulder Girdle with Ashley			Pilates Full Flow with Alex	Departure Day
8:30								
9:00		Rise & Shine Pilates Discovery of Breath and Powerhouse with Alex	Hatha Yoga, Bandhas & Pranayamas with Gema	Pilates Magic Circle Madness with Alex	Pilates Miracle Ball class with Ashley	Vinyasa Flow Yoga Extremities Arms/Legs	Pilates The Burn with Ashley	"See you next time!" Breakfast
9:30								
10:00		Brunch	Brunch	Brunch	Brunch	Brunch	Brunch	
10:30								
11:30		Hiking excursion to Oia						
12:00								
16:00								
17:00								
17:30	Gentle Yoga Destress & Meditation with Gema	Pilates Secondary Powerhouse Part 1 Pelvic Floor with Ashley	Classical Pilates Flow with Alex	Vinyasa Flow Core/Twist with Gema	(Optional) Catamaran Sailing Excursion with sunset dinner onboard	Lengthen and Strengthen with Ashley	Vinyasa Flow Yoga Full Body Flow with Gema	
18:00						Pilates For Life Full Props with Alex		
18:30								
19:00								
19:30								
20:00		Dinner	Dinner	Dinner	Dinner at the hotel for anyone not attending the Catamaran Sailing Excursion	Dinner	Farewell Dinner	
20:30	Welcome Dinner							
21:00								