



Gran Canaria Spain

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30	Arrival Day	Morning Cup! Intro and Welcome chat		Ying Yang yoga Heart & Hips				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 Elastic Bands	Pilates Full Flow	"See you next time!" Breakfast
9:30								
10:00		Brunch	Brunch	Brunch				
10:30								
11:30		Beach Excursion					Hiking Excursion Temisas and Gran Canaria Observatory	
12:00								
16:00								
17:00								
17:30		Vinyasa Flow Sun Salutations & Floor Aasanas	Yin Yoga Face your fears	Magic Circle Pilates	Excursion to Tejeda and Roque Nublo/Evening Free	Yin Yoga Embrace spring's Spirit of renewal	Ying Yang Yoga Sequence for stress	
18:00	Yin Yoga Destress & Meditation							
18:30								
19:00								
19:30	Welcome Dinner	Dinner	Dinner Away	Dinner	Dinner Away	Dinner	Farewell Dinner	
20:00								
20:30								