

Gran Canaria Spain



Sky Pilates and Yoga Retreats

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
8:30	Arrival Day	Morning Cupa! Welcome chat							
9:00		"Revive & Rejuvenate Pilates" Focus on breath and core activation	"Realign Pilates" Foam Roller Flow	Ying Yang yoga Heart & Hips	Pilates Body Ball	Pilates with Elastic Bands	Full Props Pilates Flow	"See you next time!" Breakfast	
9:30									
10:00		Brunch	Brunch	Brunch	Brunch	Brunch	Brunch		
10:30									
11:30			Beach Excursion					Hiking Excursion Guayadeque Ravine	Departures
12:00									
16:00									
17:00					Excursion to Tejeda and Roque Nublo/Evening Free	Yin Yoga Embrace Spirit of Renewal	Ying Yang Yoga Sequence for stress		
17:30	Gentle Recovery Yin Yoga with Nayra	Vinyasa Flow Sun Salutations & Floor Aasanas	Yin Yoga Face your fears	"Magic Awakening" Magic Circle Pilates					
18:00									
18:30									
19:00									
19:30	Welcome Dinner	Dinner	Dinner Away	Dinner		Dinner	Farewell Dinner		
20:00									
20:30						Dinner Away			