

GAY YOGA & PILATES RETREAT MYKONOS 17 - 24 SEPTEMBER | mykonosactive GAY WEEKS

SAT	SUN	MON	TUE	WED	THU	FRI
	8:00 (60Min) YOGA	8:00 (60Min) YOGA	7:30! (45Min) YOGA	8:00 (60Min) YOGA	8:00 (60Min) YOGA	8:00 (60Min) YOGA
			(add-on)			
Check In and Welcome from 15:00	(add-on) 11:00 Mykonos and the City - Excursion	11:00 (60 Min) Embodiment Ritual WHITE	8:45 Excursion to Delos	11:00 (60Min) PILATES goes HIIT	11:00 HIKING TOUR and YOGA on the Beach	
		(add-on) 13:00 MALE FIGURE DRAWING				
18:00 (45Min) YOGA	18:00 (60Min) Introduction to PILATES	18:00 (60Min) Yoga	17:30 (45Min) PILATES	16:30! (45Min) YOGA		17:30 (30Min) Core Challenge
Welcome Gathering and Apéro-Dinner Night in the Villa			18:15 (45Min) YOGA			
						times may be changed