

GAY YOGA & PILATES RETREAT MYKONOS 24 SEPTEMBER - 1 OCTOBER | 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	8:45 Excursion to Delos		11:00 HIKING TOUR to the TOP of Mykonos	11:00 (60Min) PILATES goes HIIT
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	From 17:30 Gay Beach Club	19:00 (60Min) Embodiment Ritual	18:00 (60Min) YOGA
						<i>times may be changed</i>