

# Andalucia, Spain Yoga Retreat Timetable (SAMPLE)

## Saturday:

2pm	Arrivals* from 2pm
6pm	Group Introductions & Welcome
7pm	Dinner
8.30pm	Cacao Ceremony & Yin Yoga by candlelight

## Sunday:

8am	Gentle Flow Yoga
9am	Breakfast
10am	Excursion to Moclin Castle & Musuem <i>Free time / Treatments</i>
7pm	Dinner
8pm	Reflexology & Facial Workshop

## Monday:

7am	Breakfast
8am	Excursion to Granada
9am	Guided Tour of the Alhambra <i>Free time in Granada</i>
7pm	Dinner
9pm	Yoga Nidra by candlelight

## Tuesday:

8am	Gentle Flow Yoga
9am	Breakfast <i>Free time / Treatments</i>
7pm	Dinner (Spanish cheese & olive oil tastings)
9pm	QiGong by sunset/moonlight

## Wednesday:

8am	Gentle Flow Yoga
9am	Breakfast
10am	Ruta del Gollizno Guided Walk
7pm	Dinner (celebration vegetable paella) Local wine & sherry tasting with Andalucian music

## Thursday:

8am	Gentle Flow Yoga
9am	Breakfast <i>Free time / Treatments</i>
12pm	Goodbyes and Departures*

\*Airport transfers can be arranged on request