

# WEEKLY CALENDAR

*01 to 31 July*

|       | Monday               | Tuesday                | Wednesday               | Thursday         | Friday               | Saturday         | Sunday                                                                                                                       |
|-------|----------------------|------------------------|-------------------------|------------------|----------------------|------------------|------------------------------------------------------------------------------------------------------------------------------|
| 9:00  |                      |                        |                         |                  |                      | Hatha Yoga       |                                                                                                                              |
| 10:00 | Mobility<br>for life |                        | Inner Flow<br>Yoga      |                  |                      |                  | <br>Cliff Walk<br>(Rituals of Connection) |
| 11:00 | Mindful<br>Motion    | Functional<br>Strength | The Art of<br>Breathing | Pilates          |                      | Sound<br>Healing | Stretching                                                                                                                   |
| 14:30 |                      |                        |                         | Sound<br>Healing |                      |                  |                                                                                                                              |
| 16:30 |                      | Aqua<br>Alignment      |                         |                  | Hydro Active<br>Flow |                  |                                                                                                                              |

*All activities cost 22 euros per session, per person.*

*The timetable can be adjusted without prior notice if necessary;  
Climatic factors such as low temperatures or rain may affect outdoor activities.*

 *Rituals of Connection*