



euphoria

RETREAT

WEEKLY PROGRAM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00-07:45	07:00-07:50	07:00-09:00	08:00-09:30	07:00-08:30	07:00-09:00	07:00-08:15
Mystras-Panagia Lagadiotissa (45')	Mystras-Agios Panteleimonas (50')	Mystras-Taigeti (2hr round trip)	Mystras Castle Tour	Mystras-Chapel of Sotira. (1.30hr)	Parori-Zagouna (1hour to go and 1hour to come back)	Faneromenis Monastery- Perganteika (1.15hr)
09:00-10:00/10:30	09:00-10:00/10:30	09:00-10:00/10:30	09:00-10:00/10:30	09:00-10:00/10:30	09:00-10:00/10:30	09:00-10:00/10:30
Morning Yoga	Morning Yoga	Morning Yoga	Morning Yoga	Morning Yoga	Morning Yoga	Morning Yoga
11:00- 11:50	11:00- 11:50	11:00- 11:50	11:00- 11:50	11:00- 11:50	11:00- 11:50	11:00- 11:50
Active Fitness Class	Active Fitness Class	Active Fitness Class	Active Fitness Class	Active Fitness Class	Active Fitness Class	Active Fitness Class
12:00-12:30	12:00-13:00	12:00-13:00	12:00-13:00	12:00-13:00	12:00-12:30	12:00-13:00
Energy Movement	Creative Yoga	Creative Yoga	Creative Yoga	Creative Yoga	Energy Movement	Creative Yoga
15:00-15:50	15:00-15:50	15:00-15:50	15:00-15:50	15:00-15:50	15:00-15:50	15:00-15:50
Mild Movement Class	Mild Movement Class	Group Meditation Session	Mild Movement Class	Mild Movement Class	Group Meditation Session	Mild Movement Class
18:45-19:30	18:45-19:30	18:45-19:30	18:45-19:30	18:45-19:30	18:45-19:30	18:45-19:30
Lecture on Euphoria Nutrition	Introduction to Skin Instants methodology	Lecture on Mystras Castle and History	Lecture on Euphoria Nutrition	Lecture on Mindfulness	Lecture on Psych aromatherapy	Introduction to Skin Instants methodology

Please allow the Spa Reception team to guide you through your Euphoric Journey		Highlights of the week 12-19/07/2018
Active Fitness Class	i.e TRX, Functional , Circuit Training, Total Body Work Workout, Flowability	Foot Reflexology with Kyriaki (50' - 147€)
Mild Movement Class	i.e Pilates, Stretching, Aerial Yoga	Free Mental Sanctuary with Katerina/Shoubhi (50' - 147€)
Creative Yoga	i.e Chakra Dance, Yogi-Lates, Personalized Yoga	Private Session of Mind-fullness and Meditation session with Stefano Battaglia (50' - 95€)
To ensure availability please reserve your class in advance by contact Euphoria SPA		
We kindly inform you that an entry fee of 12 E is required for Mystras Castle Tour and for the activity at 7 or 8 am your trainer shall be waiting for you at the main hotel reception		



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Your Life. Your Journey.

