

## DAILY WELLNESS ACTIVITIES SCHEDULE

Monday 30/09	Tuesday 1/10	Wednesday 2/10	Thursday 3/10	Friday 4/10	Saturday 5/10	Sunday 6/10
08:00-09:00	08:00-09:30 <i>Advanced level</i>	08:00-09:00	08:30-10:30 <i>Advanced level</i>	11:00-12:00	08:30-11:00	08:30-10:00
Forest Fit Walk <i>*Registration required</i>	Hiking Mystras to Vlahohori (Level: Advanced) Distance: 3,4km Max Elevation:573m <i>*Registration required</i>	Village Fit Walk <i>*Registration required</i>	Hiking Mystras to Sotiras (Level: Advanced) Distance: 8,5km Max Elevation:498m <i>*Registration required</i>	Forest Fit & Energy Walk <i>*Registration required</i>	Visiting the Archaeological site of Mystras Castle with an archaeologist m.a. / tour guide (Level: Moderate to Advanced stone made path) Max Elevation:800m Entrance fee in archaeological site 12€ Cost: 35€/Person <i>*Registration required</i>	Hiking Mystras to Lagadiotissa (Level: Medium) Distance: 3km Max Elevation:332m <i>*Registration required</i>
12:00-13:00	13:00-13:30	12:00-13:00	11:00-12:00	14:00-14:45	11:30-12:00	12:00-13:00
Traditional Indian Hatha Yoga <i>*Registration required</i>	Breathing Exercises <i>*Registration required</i>	Vinyasa Yoga <i>Advanced level</i> <i>*Registration required</i>	Free Your Voice! <i>*Registration required</i>	Total Body Workout <i>*Registration required</i>		Traditional Indian Hatha Yoga <i>*Registration required</i>
13:00-13:30	15:00-15:30	13:30-14:00	12:00-13:00	16:00-16:45	Aqua Gym <i>*Registration required</i>	14:00-15:00
Cold Plunge Guided Breathing Exercises <i>*Registration required</i>	Stretching <i>*Registration required</i>	PiYo Fitness Class <i>*Registration required</i>	Power Yoga <i>*Registration required</i>	Qigong <i>*Registration required</i>	Mediterranean Way of Eating Healthy Tips by the Euphoria Nutritionist <i>*Registration required</i>	
16:00-16:45	16:00-17:00	15:30-16:00	16:30-17:30	17:00-17:30	17:00-18:00	16:00-16:30
Circuit Training <i>*Registration required</i>	Lecture on the 5 Elements <i>*Registration required</i>	Cold Plunge Guided Breathing Exercises <i>*Registration required</i>	NIA Inspired Dance <i>*Registration required</i>	Mobility Fitness Class <i>*Registration required</i>	5 Element Dance <i>*Registration required</i>	Cold Plunge Guided Breathing Exercises <i>*Registration required</i>
19:30-20:00	19:00-20:00	19:00-20:00	19:00-20:00	19:00-20:00	19:00-20:00	19:00-20:00
Energy Movement <i>*Registration required</i>	Yin Yoga <i>*Registration required</i>	Dancing With The Wind (Tai Chi) <i>*Registration required</i>	Yoga Nidra <i>*Registration required</i>	Traditional Indian Hatha Yoga <i>*Registration required</i>	Sound Healing Meditation <i>*Registration required</i>	Dancing With The Wind (Tai Chi) <i>*Registration required</i>

**Morning hiking** Meeting point at Hotel Reception. *\*Registration required until 7pm of the previous day @spa reception.* Please wear hiking shoes if you attend any hikes

**Forest Walk** Meeting point at Spa Reception

**Fitness & Yoga Classes**

Will be held at Yoga Hall I, floor 3



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