



CONTACT | MARIE | +44 7562981720

SPRING WELLNESS SAMPLER RETREAT SCHEDULE

MONDAY
11.03.24

15:00-19:00 | CHECK IN | RECEPTION

17:00 | YOGA FLOW | GYPSY TENT

19:00-20:00 | OPENING CIRCLE &
ORIENTATION | AISURU ROOM

20:30-LATE | GROUP DINNER |
LEK RESTAURANT

TUESDAY
12.03.24

07:00 | PRANAYAMA | OCEAN TENT

08:00 | HATHA YOGA | RITUALS DECK

10:00 - 11:30 | GROUP SESSION:
WHEEL OF LIFE | THE LIBRARY

12:00 - 13:00 | GROUP LUNCH |
SU CASA

14:00 | ANCESTRAL DANCE |
RITUALS DECK

17:00 | THERAPEUTIC YOGA |
GYPSY TENT

07:00 | PRANAYAMA | OCEAN TENT

08:00 | HATHA YOGA | MANGROVE DECK

09:30 | GRAVITY CONTROL |
RITUALS DECK

WEDNESDAY

13.03.24

11:00 | GONG BATH | AISURU

12:45 - 13:45 | GROUP LUNCH | PLANTISA

14:00-15:30 | GROUP SESSION:
CONSTELLATIONS | THE MUSHROOM

15:30 | WATERCOLOR PAINTING | EOLO
BEACH CLUB

17:00 | VINYASA YOGA | GYPSY TENT

07:00 | PRANAYAMA | OCEAN TENT

08:00 | HATHA YOGA | RITUALS DECK

08:00 | FLOW YOGA | MANGROVE DECK

09:30 - 11:00 | GROUP SESSION:
DRAWING CLASS | THE MUSHROOM

THURSDAY

14.03.24

12:00 - 13:00 | GROUP LUNCH |
CHARLIE VEGAN TACOS

14:00 | AWAKENING RITUAL | RITUALS
DECK

15:30 | MIND CONTROL LEVEL II |
GYPSY TENT

17:00 | ASHTANGA YOGA | AISURU

18:30 | ASHTANGA YOGA | AISURU

FRIDAY

15.03.24

07:00 | PRANAYAMA | OCEAN TENT

08:00 | HATHA YOGA | MANGROVE DECK

08:00 | SOFT YOGA | RITUALS DECK

09:30 | SACRED WOMEN'S CIRCLE |
GYPSY TENT

11:00 | CACAO CEREMONY | AISURU

12:30 | FULL BODY MOVEMENT | GYPSY TENT

13:30 - 14:00 | GROUP LUNCH | PLANTISA

14:00 | GEOMETRY OF POWER | MUSHROOM

15:30 | DEEP HEALING MANTRAS | GYPSY
TENT

17:00 | YIN YOGA | AISURU

SATURDAY

16.03.24

10:00 - 11:00 | GROUP BREAKFAST &
GOODBYES | TBC

12:00 | CHECKOUT