

## 5 Days Yoga & Meditation Retreat in Costa Brava

### Day 1

- 16:00 Check IN
- 18:30 Yoga Workshop (Asanas)
- 21:00 – 22:00 Dinner
- 22:15 – 22:45 Meditation

### Day 2

- 6:30 Wake Up
- 7:00 On the way to the beach
- 7:30 Yoga on the Beach (El Castells)
- 9:00 Breakfast
- Camino de Ronda
- 13:00 On the way back
- 13:30 Lunch
- Free Time
- 18:30 – 19:00 Basic Elements of Yoga and Meditation
- 19:30 – 21:00 Vinyasa Yoga
- 21:00 Dinner
- 22:15 – 23:00 Satsang & Meditation

### Day 3

- 7:00 Wake up
- 7:30 -9:30 Workshop (Pranayama)
- 9:30 - 10:30 Breakfast
- 12:00- 12:45 Meditative Walk
- 13:30 -14:30 Lunch
- Free Time / Beach
- 19:30- 21:00 Vinyasa Yoga
- 21:00 Dinner

- 22:15- 23:00 Satsang & Meditation

#### Día 4

- 7:00 Wake Up
- 7:30 – 9:00 Hatha Raja Yoga
- 9:00 – 10:00 Brekfast
- 10:30 On the way to the excursion
- 14:00 Lunch (picnic)
- 17:00 On the way back
- 19:30 Yoga
- 21:00 Dinner
- 22:15 Deep Relaxation Session

#### Day 5

- 7:00 Wake Up
- 7:00 – 8:00 Yoga
- 8:00 Walking meditation
- 9:30 – 10:30 Breakfast
- 11:30 Masters Class
- 14:00 Lunch
- 15:30 End of the retreat
- Check Out

\* All activities are optional.

\* Classes will be in English & Spanish.

\* Europe Yoga Retreats reserves the right to make changes in schedules and / or remove activities.