

									
SATURDAY					14:00	14:00-15:00	15:00-18:30	18:30-19:30	20:00
					Your Retreat begins. Whoop!	Welcome drinks & canapés	Time to unpack - settle in & explore the villa	Welcome Yin Yoga with Lisa	Super healthy welcome dinner.
SUNDAY	7:30	8:00-10:15	10:30	10:30-14:00	14:00	15:00-18:00	18:30-19:30	20:00	
	Morning gong & Silent cuppa and fruit	Fitness flow /Pilates meditation	Yummy Smoothie & Brunch	Relax, snooze, chill, breathe deep...	Afternoon Snacks for those that stay at the villa	Relax, snooze, enjoy a massage, breathe deep...	Yin Yoga with Lisa	Super healthy welcome dinner.	
MONDAY	7:30	8:00-10:15	10:30	10:30-14:00	14:00	15:00-18:00	18:30-19:30	20:00	
	Morning gong & Silent cuppa and fruit	Fitness flow /Pilates meditation	Yummy Smoothie & Brunch	Relax, snooze, chill, breathe deep...	Afternoon Snacks for those that stay at the villa	Relax, snooze, enjoy a massage, breathe deep...	Yin Yoga with Lisa	Super healthy welcome dinner.	
TUESDAY	7:30	8:00-10:15	10:30	10:45-14:00				20:00	
	Morning gong & Silent cuppa and fruit	Yoga, Pilates and meditation with Lisa & Vanessa	Yummy Smoothie & Brunch	Relax, snooze, chill, breathe deep...	Afternoon Kayak or a relaxing beach day for those who don't want to Kayak.			Sunset picnic - free evening	
WEDNESDAY	7:30	8:00-10:15	10:30	10:30-14:00	14:00	15:00-18:00	18:30-19:30	20:00	
	Morning gong & Silent cuppa and fruit	Fitness flow /Pilates meditation	Yummy Smoothie & Brunch	Relax, snooze, chill, breathe deep...	Afternoon Snacks for those that stay at the villa	Relax, snooze, enjoy a massage, breathe deep...	Yin Yoga with Lisa	Super healthy welcome dinner.	
THURSDAY	TBC	TBC	10:30				18:30-19:30	20:00	
	Morning gong & breakfast juice	Sunrise yoga at Aguas Blancas with Lisa	Breakfast on the beach	A relaxing beach day Swim - read - sunbathe - and breathe...			Pilates with Vanessa	Super healthy dinner delights, Villa	
FRIDAY	7:30	8:00-9:00	10:00	11:00					
	Morning gong & Silent cuppa and fruit	Fitness flow /Pilates meditation	Breakfast	Check-out & end of your Retreat. BOO! Optional trip to Ibiza town for those travelling back late -					