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CAN LIMON								
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	Welcome Yin Yoga with Lisa	Super healthy welcome dinner.
					canapes	the villa		weicome 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 goog G	Fitness flow (Dilatos	Vummu Crasthia G	Delay anosa shill	Afternoon Coocke for	Delay encore entoy	Vie Voes with Lies	Cup or boolthy
	Morning gong & Silent cuppa and	Fitness flow /Pilates meditation	Yummy Smoothie & Brunch	Relax, snooze, chill, breathe deep	Afternoon Snacks for those that stay at	Relax, snooze, enjoy a massage, breathe	Yin Yoga with Lisa	Super healthy welcome dinner.
	fruit		Drunch			deep		wetcome annen.
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
	Manning gang G	Eitersee flowe (Dilotos	Vurnary Caracthic G	Deless encode chill		Deleus en energia en ins		Curren heelthu
	Morning gong & Silent cuppa and	Fitness flow /Pilates meditation	Yummy Smoothie & Brunch	Relax, snooze, chill, breathe deep	Afternoon Snacks for those that stay at	Relax, snooze, enjoy a massage, breathe	Yin Yoga with Lisa	Super healthy welcome dinner.
	fruit	meditation	branch	breathe deep	-	deep		wetcome diffier.
TUESDAY	7:30	8:00-10:15	10:30	10:45-14:00	20:00			
	Morning gong G	Vera Dilator and	Vummu Cmaathia G	Delay speeze shill				Suprat picpia frag
	Morning gong & Silent cuppa and	Yoga, Pilates and meditation with Lisa	-	Relax, snooze, chill, breathe deep	I, Afternoon Kayak or a relaxing beach day for those who don't want to Kayak. Sunset picnic - free evening			_
	fruit	& Vanessa	Drunch					
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
			Versee Care at his C	Deless an energy shill		Delesses		Company has a little of
	Morning gong & Silent cuppa and	Fitness flow /Pilates meditation	Yummy Smoothie & Brunch	Relax, snooze, chill, breathe deep	Afternoon Snacks for those that stay at	Relax, snooze, enjoy a massage, breathe	YIN YOGA WITH LISA	Super healthy welcome dinner.
	fruit	meditation	branch	breathe deep	the villa	deep		wetcome diffier.
THURSDAY	ТВС	ТВС	10:30	18:30-19:30 20:00				20:00
	Morning gong &	Sunrise yoga at Aguas Blancas with	Breakfast on the beach	5 7			Pilates with Vanessa	Super healthy dinner
	breakfast juice	Lisa	Deach	Swim - read - sunbathe - and breathe delights, Villa				
FRIDAY	7:30	8:00-9:00	10:00					
				11:00				
	Morning gong &	Fitness flow /Pilates	Breakfast	Check-out & end of your Retreat. BOO!				
	Silent cuppa and fruit	meditation		Optional trip to Ibiza town for those travelling back late -				
	ITUIC							