

SAMPLE TIMETABLE

SATURDAY:

15:00	Arrivals (3 - 4pm), group welcome and introductions
17:00	Gentle flow yoga
19:00	Dinner (Spanish tapas)
20:30	Yoga Nidra by candlelight

SUNDAY:

07:30	Morning meditation
08:30	Breakfast
11:00	Guided foraging walk and Moclin Castle tour <i>(lunch option in Moclin)</i> Free time and treatments
17:00	Gentle flow yoga
19:00	Dinner (Moroccan)
20:30	Mindful Moorish mosaic art workshop

MONDAY:

07:30	Morning meditation
08:30	Breakfast Free time and treatments <i>(opportunity to visit Granada – taxi can be booked on request)</i>
17:00	Gentle flow yoga
19:00	Dinner (Spanish cheese and olive oil tasting)
20:30	Pamper workshop (hot herbal poultice masterclass)

TUESDAY:

07:30	Morning meditation
08:30	Breakfast
11:00	Guided walk on the Ruta del Gollizno <i>(lunch options in Olivares and option to take bus back to Moclin)</i> Free time and treatments
17:00	Gentle flow yoga
19:00	Dinner (vegetarian paella and traditional Andalucian music)
20:30	Closing fire ceremony

WEDNESDAY:

07:30	Morning meditation and Qigong
08:30	Breakfast Free time and treatments
11:00	Departures

Transfers to/from Malaga airport available on request (Sat at 2-3pm ~ Wed at 11am)