

	Example Activity Programme Winter 2025						Activity type	Yoga	Detox and Weight Loss	Life Makeover	Relax and Rejuvenate
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
8.00-9.30	Hatha Flow Yoga [Intermediate]	Beach Walk [Easy]	Iyengar Inspired Yoga [Intermediate]	Hatha Flow Yoga [Intermediate]	Beach Walk [Easy]	Yin Yang Yoga [All Levels]	7.30 – 9.30 Lighthouse Walk [Moderate]				
9.30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast				
10.30-10.50	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation	Rest				
11.00 – 12.30	11am – 1pm Vista Walk [Challenging]	Hatha Yoga [All Levels]	11am – 1pm Lighthouse Walk [Moderate]	Hill Walk [Moderate]	Hatha Yoga [All Levels]	Campo Walk [Challenging]	Albir Market (SelfGuide)	Vinyasa Flow Yoga [Intermediate]			
12.45-13.15		Rebounding		Aqua Aerobics	Rebounding	Core Works		Legs Bums and Tums			
1.30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch				
	Siesta (*wc 2.15pm)	Siesta (wc 2.15pm)	Siesta (wc 2.15pm)	Siesta (wc 2.15pm)	Siesta (wc 2.15pm)	Siesta (wc 2.15pm)	Siesta (wc 2.15pm)				
3.30	Juicing Demo	Kundalini Yoga [Intermediate]	3.30 – 4.15pm Cooking Demo	3.30 -4pm Legs Bums and Tums	3.30 – 4pm Dance Fun	4-4.30pm Yogalates	3.15-4.45 Finding Your Life Purpose Workshop				
4.30	Juice	Juice	Juice	Juice	Juice	Juice	Juice				
5.00-6.00 pm	Yin Yang Yoga [All Levels]	5.15 – 5.45pm Aerobics	Yin Yoga [All Levels]	Hatha Yoga [All Levels]	4.45-5.45 Muscle Pain Relief Workshop	Journaling Workshop	Hatha Yoga [All Levels]				
6.15	Dinner	Dinner (& dessert)	Dinner	Dinner	6.15 pm Virgin Cocktails 6.30 pm Dinner with dessert	Dinner	Dinner				
7.15-8.45 pm	7.15 – 8.15 pm Creativity Workshop Intention Rocks	Design Your Own Inspired Path Workshop	7.15 – 8 pm Guided Visualisation	7.15 – 8.15 pm EFT Tapping Workshop		7.15-8.15pm Restorative Yoga [All Levels]	7.15 – 8pm Yoga Nidra				

* wc = welcome chat (our daily welcome for guests who have arrived that day or the afternoon / evening before)

You are welcome to join in all activities at La Crisalida. Please can you bring all your yoga equipment to the yoga classes.