

Example Programme Winter 2023 / 2024	Activity type	Yoga	Detox and Weight Loss	Life Makeover	Relax and Rejuvenate
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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
8.00-9.30	Vinyasa Flow Yoga [All Levels]	Beach Walk [Easy]	Iyengar Inspired Yoga [Intermediate]	Vinyasa Flow Yoga [Intermediate]	Beach Walk [Easy]	Hatha Flow Yoga [All Levels]	7.30 – 9.30 Lighthouse Walk [Moderate] (Tania)	
9.30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
10.30-12.00	10.30 – 12.30 Vista Walk [Challenging]	Hatha Yoga [All Levels]	10.30 – 12.30 Lighthouse Walk [Moderate]	Campo Walk [Challenging]	Yin Yang Yoga [All Levels]	Hill Walk [Moderate]	Albir Market (SelfGuide)	Hatha Yoga [Intermediate]
12.15-12.45		Core Works		Rebounding	Aqua Aerobics	Rebounding		Dance Fun
1.00 – 1.30	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation	Rest	
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	EFT ‘Tapping Workshop’	3.30 – 4.00pm Yogalates	Relax and Breathe Workshop	3.15 – 4.30pm Core Works	
4.30	Juice	Juice	Juice	Juice	Juice	Juice	Juice	
5.00-6.00 pm	Creativity – Intention Rocks	5.00 – 5.45pm Aerobics	Hatha Flow Yoga [All Levels]	Restorative Yoga [All Levels]	Muscle Pain Relief Workshop	Jivamukti Inspired Yoga [Intermediate]	Yin 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	Living Life with Confidence Workshop	7.15 – 8pm Guided Visualisation	Finding the Authentic You Workshop	Mindfulness Workshop		Vision Boarding Workshop	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.