

MENORCA RETREAT PROGRAMME

MOVE your BODY | REST your MIND | FEED your SOUL

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 AM	AWAKENING YOGA FLOW TO RISE	BREAKFAST	MORNING BEACH CIRCUITS & SWIM	MORNING STRETCH FLOW	AWAKENING YOGA FLOW TO RISE	BREAKFAST	MORNING POOL SWIM / STRETCH FLOW
9:00 AM		KAYAK ADVENTURE Explore majestic caves & snorkel in crystal clear waters		BREAKFAST		HIKE TO BEACH & SEA SWIMS	BREAKFAST
10:00 AM	BREAKFAST		BREAKFAST	BOAT TRIP DAY	BREAKFAST		VILLA DEPARTURE
11:00 AM	HIKE TO BEACH & SEA SWIMS		HIKE TO BEACH & SEA SWIMS	Explore secret hidden coves and pristine pools	HIKE TO BEACH & SEA SWIMS		
12:00 PM				PADDLEBOARD & SNORKELING			
1:00 PM	PICNIC LUNCH	VILLA LUNCH	LUNCH	PICNIC LUNCH	PICNIC LUNCH	VILLA LUNCH	
2:00 PM	HIKE TO BEACH & SEA SWIMS	REST & RELAXATION	HIKE TO BEACH & SEA SWIMS	BOAT TRIP DAY CONT. & RETURN TO VILLA	HIKE TO BEACH & SEA SWIMS	REST & RELAXATION VISIT TO FISHING VILLAGE Binibèquer Vell	
3:00 PM		30 CORE WORKOUT					
4:00 PM				REST & RELAXATION			
5:00 PM	REST & RELAXATION	EVENING RESTORATIVE YOGA FLOW	SUNSET DRINKS Cova d'en Xoroi		REST & RELAXATION	REST & RELAXATION	EVENING RESTORATIVE YOGA FLOW
6:00 PM		REST & RELAXATION					
7:00 PM	DINNER	DINNER	8:30 PM DINNER	DINNER	DINNER	DINNER	