

IBIZA



REVITALIZE
RETREATS

Saturday

ARRIVAL FROM 4PM

18:30 Stretch session

20:00 Dinner

21:00 Welcome talk

Sunday

07:30 Movement session

09:00 Breakfast

10:30 Hike

13:30 Lunch

15:00 Beach

19:00 Yoga

20:00 Dinner

21:30 Candlelit Meditation

Monday

07:30 HIIT Session

09:00 Breakfast

10:30 Free Time

13:00 Lunch at the beach

15:00 Relax

19:00 Restorative Yoga

20:00 Dinner

Tuesday

07:30 Strength session

09:00 Breakfast

10:30 Hike

13:30 Lunch

14:30 Beach

18:00 Sunset Yoga

20:30 Dinner

Wednesday

07:30 Calisthenics Session

09:00 Breakfast

10:30 Day in Formentera

Thursday

07:30 Circuits

09:00 Breakfast

10:30 Hike

13:30 Lunch

15:00 Free Time

19:00 Yoga flow

20:00 Dinner

21:30 Mediation

Friday

06:00 Sunrise Run

08:00 Breakfast

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10:00 Massage / Free time

13:00 Lunch

14:00 Afternoon in Old Town

20:00 Dinner in Old Town

Saturday

07:30 Yoga/ movement

09:30 Breakfast

12:00 Departure from house



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