

YOGA & AMORGOS

A ONE OF A KIND, MAGICAL EXPERIENCE

| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 |
|--|--|--|---|--|--|
| 08:00 – 09:30 Morning Yoga Class | 08:00 – 09:30 Morning Yoga Class | 08:00 – 09:30 Morning Yoga Class | 08:00 – 09:30 Morning Yoga Class | 08:00 – 09:30 Morning Yoga Class | 08:00 – 09:30 Morning Yoga Class |
| 10:00 – 11:00 Breakfast (vegetarian/vegan) | 10:00 – 11:00 Breakfast (vegetarian/vegan) | 10:00 – 11:00 Breakfast (vegetarian/vegan) | 10:00 – 11:00 Breakfast (vegetarian/vegan) | 10:00 – 11:00 Breakfast (vegetarian/vegan) | 10:00 – 11:00 Breakfast (vegetarian/vegan) |
| 11:00 – 13:30 Massage (2 people) Beach Time/Relaxation Time | 11:00 – 13:30 Massage (2 people) Beach Time/Relaxation Time | 11:00 – 13:30 Massage (2 people) Beach Time/Relaxation Time | 11:30 Departure to Chora | 11:00 – 13:30 Massage (2 people) Beach Time/Relaxation Time | 11:30 Departure to Chora |
| 14:30 – 16:00 Lunch at Petradi (vegetarian/vegan) | 14:00 – 15:30 Laghada: IAMA hosting, tour, and shopping | 14:30 – 16:00 Lunch at Petradi (vegetarian/vegan) | 12:00 – 14:00 Chora: Stop for coffee, shopping, mini-tour | 14:30 – 16:00 Lunch at Petradi (vegetarian/vegan) | 12:00 – 14:30 Chora: Stop for coffee, snacks / finger food, shopping, mini-tour |
| 16:30 – 17:00 Silent Walk | | 16:00 – 17:00 Massage (1 person) | 14:00 Departure to Mouros Bay | 16:00 – 17:00 Massage (1 person) | 15:00 – 17:00 Aghia Anna Bay |
| 17:30 – 19:00 Evening Yoga Class | 15:30 – 17:30 Laghada: Late Lunch (vegetarian/vegan) at Nikos' Restaurant | 18:00 – 19:30 Evening Yoga Class | 16:00 – 17:30 Light Lunch (vegetarian/vegan) at Mouros' Restaurant | 18:00 – 19:30 Evening Yoga Class | 17:30 – 18:30 Visit to the Monastery of Hozoviotissa |
| 19:30 – 21:30 Dinner at Potamos: Kamara vegetarian/vegan) | 17:30 – 18:30 Silent Walk: Laghada – Aegiali – Levrossos | 20:00 – 22:00 Dinner at Aegiali: To Limani tis Katinas vegetarian/vegan) | 18:00 – 19:30 Meditation Class at the Botanical Garden of Katapola | 20:00 – 22:00 Dinner at Tholaria: Thalassino Oneiro (vegetarian/vegan) | 19:30 – 22:00 Dinner at Aegiali: Amorgialos (vegetarian/vegan) |
| 21:30 Departure to Petradi | 19:30 – 20:00 Evening Yoga Class | 22:00 Departure to Petradi | | 22:00 Departure to Petradi | 22:00 Departure to Petradi |
| | 20:30 – 22:00 Dinner at Petradi (vegetarian/vegan) | | 20:00 – 22:00 Dinner at Katapola: Youkali (vegetarian/vegan) | | |
| | | | 22:00 Departure to Petradi | | |