



## DAILY WELLNESS ACTIVITIES SCHEDULE

Monday 20/02	Tuesday 21/02	Wednesday 22/02	Thursday 23/02	Friday 24/02	Saturday 25/02	Sunday 26/02
09:00-10:30 <i>Advanced level</i> Hiking Mystras to Vlahohori (Level: Advanced) Distance: 3,4km Max Elevation: 573m *Registration required	10:00-10:45 The 3GL Way of the Euphoria Nutrition *Registration required	11:00-12:00 Hatha Yoga *Registration required	09:00-10:30 Euphoria Hike (Level: Advanced) Distance: 3,6km Max Elevation: 530m *Registration required	09:00-10:30 <i>Advanced level</i> Blue Path Forest Hike (Level: Advanced) Distance: 3km Max Elevation: 554m *Registration required	09:00-10:00 Hiking Mystras to Lagadiotissa (Level: Easy) Distance: 3km Max Elevation: 332m *Registration required	10:00-11:00 Yoga Flow *Registration required
15:00-15:45 Circuit Training *Registration required	12:00-13:00 Forest Fit & Energy Walk *Registration required	15:30-16:00 Mat Pilates *Registration required	15:00-15:30 Core Exercises *Registration required	16:00-17:00 Qigong *Registration required	10:00-11:00 Vinyasa Yoga *Registration required	11:00-13:30 Walk in Mystras Castle (Level: Moderate to Advanced stone made path) Entrance fee in archaeological site of 6€ Max Elevation: 800m *Registration required
17:00-18:00 The Euphoria Way of Eating Healthy Tips by the Euphoria Nutritionist *Registration required	16:00-17:00 Kriya Yoga *Registration required	18:00-18:45 The Euphoria Methodos tour *Registration required	17:00-18:00 The 5 Tibetan Rites *Registration required	18:00-18:45 The Mediterranean Way of Eating *Registration required	13:00-13:45 T.R.X. *Registration required	16:00-17:00 Nutritional Lecture *Registration required
				20:00-21:00 Mystras Castle Lecture @Leoncini Library *Registration required	15:00-15:45 Tai Chi *Registration required	19:00-20:00 Hatha Yoga *Registration required
Morning hiking	Meeting point at Hotel Reception *Registration required until 7pm of the previous day @spa.reception Please wear hiking shoes if you attend any hikes			Fitness & Yoga Classes		Will be held at Yoga Hall 1, floor 3
Forest Walk	Meeting point at Spa Reception					