

Calendario de Actividades

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|--|--|---|--|
| 09:00 - 09:30 Meditación Budista | 08:30 - 09:15 Yin Yoga | 09:15- 10:00 Yin Yoga | 08:30 - 09:00 Mudras & Meditación en silencio | 08:30 - 10:30 Yoga Playa & Healthy Breakfast | 08:30 - 09:00 Meditación Taotista | 08:30 - 09:00 Pranayama & Meditación con |
| 09:45- 10:30 Vinyasa Yoga | 09:30 - 10:15 Hatah Yoga | 10:15 - 11:15 Ashtanga Yoga | 09:15- 10:00 Hatha Yoga | 10:45 - 11:30 Yoga Nidra | 09:15 - 10:30 Taller Yoga & Yoga Nidra | Mantras |
| | 10:30 - 11:15 Yoga Nidra | | 10:20 - 11:20 Yoga Facial | 11:45 - 12:30 Vinyasa Yoga | 11:00 - 12:15 Yoga Facial | 09:15 - 10:00 Hatha Yoga |
| | 11:30 - 12:30 Vinyasa Yoga | | 11:45- 12:30 Vinyasa Yoga | 15:30 - 16:30 Astanga Yoga | 15:30 - 16:30 Cuencos Tibetanos/ Astanga Yoga | 10:20 - 11:20 Yoga Facial |
| | 15:15 - 16:30 Yoga Playa | | 15:30 - 16:30 Astanga Yoga | 16:45 - 17:45 Vinyasa Yoga | 16:45 - 17:45 Chi-Kung/ Vinyasa Yoga | 11:45 - 12:30 Vinyasa Yoga |
| | 17:00 - 17:45 Yin Yoga | | 16:45 - 17:45 Vinyasa Yoga | 17:00 - 18:00 Tai Chi | 16:45 - 17:45 Ceremonia del Té | 15:30 - 16:30 Astanga Yoga |
| 15:30 - 16:30 Yoga Facial | 18:15 - 19:15 Ceremonia de Sonidos | 16:00 - 18:00 Paseo Bicicleta & Meditación | 18:15 - 19:15 Ceremonia de Sonidos | 18:15 - 19:30 Ceremonia de Sonidos | 18:15 - 19:15 Ceremonia de Sonidos | 16:45 - 17:45 Yin Yoga |
| 17:00 - 17:45 HathaYoga | | | | 18:15 - 19:15 Ceremonia del Té | 18:15 - 19:30 Ceremonia de Sonidos | 18:15 - 19:30 Ceremonia de Sonidos |