



## PROGRAM

### FRIDAY

13 OCTOBER 2023

#### Individual arrival and free evening

Explore Caorle and enjoy the delicious Italian cuisine

### SATURDAY

14 OCTOBER 2022

#### 08:00 Early morning yoga with Miriam (duration 60-75 min.)

This yoga session will wake up your mind and body and get you ready for the day.

#### 17:00 Hatha Yoga with Gabriel (duration 60-75 min.)

„HA“ Sun, „THA“ Moon, traditional Indian yoga style, bringing the body to its centre.

### SUNDAY

15 OCTOBER 2023

#### 08:00 Early Yoga with Miriam (duration 60-75 min.)

This yoga session awakens the mind and body and gets you ready for the day.

#### Nordic Walking

Accompanied Nordic Walking session

#### 17:00 Vinyasa with Miriam (duration 60-75 min.)

one breath, one movement - flowing and dynamic yoga

### MONDAY

16 OCTOBER 2023

#### 08:00 Yinyasa with Miriam and Gabriel (duration 90 min.)

Mix between Yin Yoga and Vinyasa; in Yin Yoga the positions will be held for three minutes, the lesson ends with Vinyasa.

Herbal teas, snacks, water and fruit at the end of the sessions - served at the Clubhouse or Baia Blu Beach Bar.  
Detailed programme follows on-site.