

SCHEDULE

HOURS/ DAYS	17. May	18. May	19. May	20. May	21. May	22. May
8:00	DAY OF ARRIVAL	Morning walk open terrain	Morning meditation place for yoga	Morning yoga place for yoga	Mindful breathing pier on the beach	DAY OF DEPARTURE
9:00		Breakfast at Stella restaurant	Breakfast at Stella restaurant	Breakfast at Stella restaurant	Breakfast at Stella restaurant	Breakfast at Stella restaurant
10:00	Pickup at the Bodrum airport	Relaxing on the beach/ Free time	Relaxing on the beach/ Free time	Relaxing on the beach/ Free time	Relaxing on the beach/ Free time	Check-out
11:00	Transfer and check-in at the hotel	Time for personal training	Aqua aerobics pool or sea	Time for personal training	Yoga Class/ Vitalica Welness	Transfer to the airport
12:00	Settling in and rest at the hotel/ residence					
13:00		Outdoor yoga therapy		Balance and stretching yoga room		
14:00	Lunch on-site	Lunch on-site	Lunch on-site	Lunch on-site	Lunch on-site	
15:00	Introductory walk around the hotel grounds					
16:00		SPA time	SPA time	SPA time	SPA time	
17:00	Leisure, free time	Relaxing on the beach/ Free time		Relaxing on the beach/ Free time	Relaxing on the beach/ Free time	
18:00			Motorboat trip by sea to Bodrum	Evening meditation with resonance bowls place for yoga/		
19:00	Welcome dinner at Stella restaurant		Tour of Bodrum's narrow streets		Trip to the neighboring bay	
20:00		Dinner at Stella restaurant	Dinner at a seaside Greek restaurant	Dinner at Stella restaurant	Dinner at an authentic seafood restaurant	
21:00	Free time	Evening meditation at sunset	Transfer to the hotel	Free time	Walk	