

Schedule

PILATES & WELLNESS RETREAT WITH **OLE EUGENIO**

26-30 September 2024

| Time | Thur. 26th | Fri. 27th | Sat. 28th | Sun. 29th | Mon. 30th | |
|-------------|------------|---|---|---|-----------|-----------------------|
| 8:00-8:30 | Arrival | Sunrise Meditation (optional) | | | | |
| 8:30-9:30 | | Group Reformer Class with Ole | | | | |
| 9:30-10:30 | | Breakfast | | | | |
| 10:30-11:30 | | Wellness Consultation /Massage/ Private Session with Ole /Free Time | Wellness Consultation /Massage/ Private Session with Ole /Free Time | | | |
| 11.30-12.30 | | Group Wellness Workshop: understanding life's transitions | | | | |
| 12:30-13:30 | | Group Lunch | | | | |
| 13:30-16:30 | | Wellness Consultation/ Massage/ Private Session with Ole /Free Time | Group Therapy: Ice Bath & Breathwork Workshop (14:00 - 16:30) | Wellness Consultation/ Massage/ Private Session with Ole /Free Time | CHECKOUT | |
| 17:00-18:00 | | Group Reformer Class with Ole | | | | |
| 18:00-19:00 | | Wellness consultation/Massage/ Private Session with Ole /Free Time/ Yoga class (optional) | Massage/ Private Session with Ole /Free Time/ Yoga class (optional) | | | |
| 19:30-20:00 | | welcome dinner | Group Dinner | | | Farewell Group Dinner |
| 21.30-22.30 | | Explore Fisherman's Village (Optional) | Group Sound Bath | Sanctuary Releasing Ritual | | |