

SCHEDULE

16th – 21st June 2023

DAY 1

20.00

Welcome dinner and drinks

DAY 2

08.00

Yoga with Katerina

10.00 – 12.00

Workshop with Dimitra at the beach

From nature's wisdom to self-wisdom

16.30 – 18.00

Workshop with Katerina

DAY 3

08.00

Yoga with Katerina

10.00 – 12.00

Workshop with Dimitra

Living gratefully

16.30 – 18.00

Workshop with Katerina

DAY 4

08.00

Yoga with Katerina

09.15 -10.00

Walking & writing haiku

Free hours for excursions or activities

21.00 – 22.00

Workshop with Dimitra

Exploring my dreams

DAY 5

08.00

Yoga with Katerina

10.00 – 11.30

Workshop with Katerina

18.00 Workshop with Dimitra at the beach + closing party

Things I leave behind and new things I bring to my life

Good bye pick nick

DAY 6

Departures

