

29 MAY - 01 JUNE 2025

WITH BETTY

PILATES



RETREAT

VINA, SKYROS

AL&RÓ

GREECE

TIMETABLE

THURSDAY 29.05

Arrival & Check-in

Settle in, explore the space,
and enjoy the sea.

18:00 – 19:00 Golden Hour Stretch

Gentle stretches during sunset
to ease into the retreat.

20:00 Welcome Gathering & Dinner

A relaxed evening to meet the group
and share the first meal together.

FRIDAY 30.05

08:30 – 09:30 Full Body Awakening

A dynamic morning session to
energize and awaken the body.

10:00 – 11:30 Breakfast

11:30 – 13:30 Healthy Snacks Workshop

Learn easy, nourishing recipes
you can recreate at home.

Free Time

Relax, swim, or explore the
surroundings at your own pace.

17:00 – 18:00 Ocean Flow Pilates

A flowing Pilates class by the sea,
inspired by the movement of water.

19:00 Dinner Time

Unwind with a shared evening meal.

SATURDAY 31.05

07:00 – 08:00 Sunrise Core Awakening

Early morning Pilates to activate
and strengthen your core.

08:00 – 08:30 Breathwork Journey

A 30-minute session exploring
different breathing techniques.

08:30 – 11:30 Breakfast

Free Time

Enjoy the island; Rest, play,
or go on an adventure.

17:00 – 18:00 Island Balance

A grounding class on the sand
focusing on strength and stability.

20:00 Dinner Time

Evening meal and wind-down.

SUNDAY 01.06

09:00 – 10:00 Beach Warrior Pilates

An energizing session to build
endurance and resilience.

10:00 – 11:30 Breakfast & Farewell

Final gathering and sharing over breakfast.

16:30 – 17:30 Sea Breeze Stretch

A relaxing stretch session with
sea views to close the retreat.

PILATES 29 MAY - 01 JUNE WITH BETTY RETREAT

4 days of movement, connection, rest and sea.
Daily Pilates sessions, workshops, mindful rituals, and nourishing meals.
All set in the natural rhythm of the island.



SEE YOU BY THE SEA

This is your time to pause,
reconnect, and move with intention.

CONTACT US FOR MORE

Book online at our site alero.gr
Email us at book@alero.gr
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DM at [alero.resort](https://www.instagram.com/alero.resort)