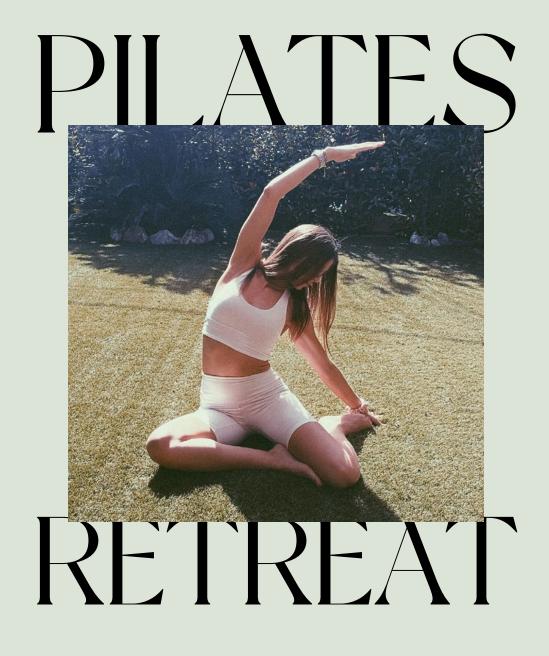
29 MAY - 01 JUNE 2025 WITH BETTY



# 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.



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

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