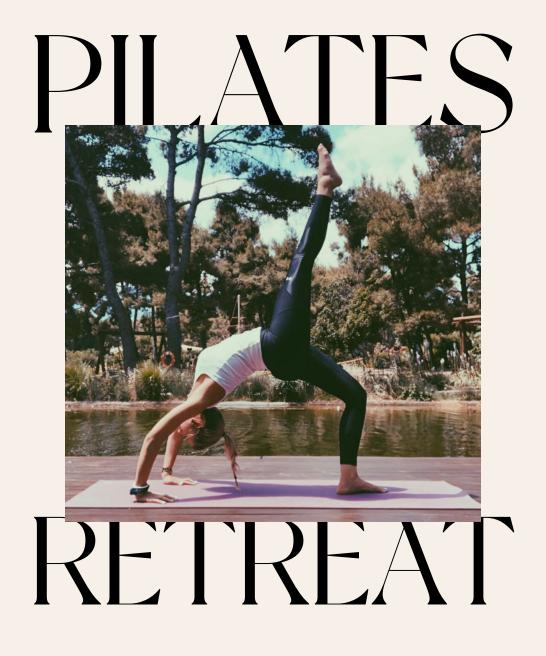
18-21 SEPT 2025 WITH BETTY



TIMETABLE

THURSDAY 18.09 Arrival & Grounding

21:00 – 22:00 Island Grounding Flow

Gentle release from travel, light core activation, grounding breathwork.

22:00 Welcome Gathering & Δείπνο

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

FRIDAY 19.09
Core Connection & Awareness

08:30 - 09:30 Deep Centered Flow

A slow, grounding mat-based flow that reconnects you to your deep core and center.

9:30-11:30 Breakfast & Healthy Snacks Workshop

18:00 - 19:00 Spine & Sea

A calming and fluid class inspired by the gentle rhythm of the sea.

20:00 Dinner Time

SATURDAY 20.09 Strength & Stability

09:00 - 10:00 Power by the Sea

Feel your strength rise with the waves.
This energizing mat-based Pilates class builds deep core power, full-body strength and radiant confidence – all set against the backdrop of the sea.

10:00-11:30 Breakfast Time

18:30 - 19:30 Strength & Stretch Sunset

Unwind with purpose as the sun sets. This gentle-strength Pilates session blends light core work with deep stretching to balance your body, calm your mind and restore your energy.

20:00 Dinner Time

SUNDAY 21.09
Breath & Recovery

09:00 - 10:00 Breath Meets Control

This slow, conscious session explores how intentional breathing enhances core strength, precision and flow.

10:00-11:30 Breakfast Time

16:30 - 17:30 Waves of Release

This calming class blends gentle movement, breath and restorative stretching to release tension – physical, mental or emotional.



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 Call us +30 2222092200 DM at alero.resort