

18-21 SEPT 2025

WITH BETTY

# PILATES



# RETREAT

VINA, SKYROS

AL&RÓ

GREECE

# 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.

# PILATES

18-21 SEPT 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](http://alero.gr)  
Email us at [book@alero.gr](mailto:book@alero.gr)  
Call us +30 2222092200  
DM at [alero.resort](https://www.instagram.com/alero.resort)