

THU 24.09
ARRIVAL & EXHALE



21:00-22:00
Arrival Flow
A gentle arrival practice to unwind from the journey, release tension and settle into the peaceful rhythm of the island.



22:00
Welcome Dinner

FRI 25.09
AWAKEN & FLOW



08:30 - 09:30
Morning Ritual
A mindful Pilates flow to awaken the body, improve mobility and begin the day with clarity, breath and intention.



9:30 - 11:30
Breakfast



12:00 - 13:30
Cooking Experience & Connection Circle



18:00 - 19:00
Golden Hour Flow
A fluid full-body practice inspired by the softness of sunset, combining strength, balance and effortless movement.



20:00
Dinner

SAT 26.09
STRENGTH & GRACE



09:00 - 10:00
Sculpt & Align
A dynamic Pilates class focused on deep core activation, posture, precision and full-body strength.



10:00 - 11:30
Breakfast



18:30 - 19:30
Lengthen & Release
A slow, nourishing practice designed to release tension, lengthen the body and restore both body and mind.



20:00
Dinner

SUN 27.09
REFLECT & RENEW



09:30 - 10:30
Carry the Feeling
A refreshing morning practice that creates space, restores energy and leaves you feeling light, strong and grounded.



10:30 - 12:00
Brunch



16:30 - 17:30
Closing Ritual
A soulful final session to reconnect with your breath, integrate the weekend's experience and leave feeling balanced, restored and inspired.

