

FRIDAY ARRIVAL D1

8:00 AM

GIRLS ARRIVAL DAY.

15: 00

OPENING CEREMONY BY CAROLINE AND YEXA.

20:30

DINNER.
Coloring, painting or crown making.

SOULSYNC

SATURDAY D2

8:00

MEDITATION BY CAROLINE.

8:30

VINYASA FLOW BY YEXA.
WEAR MATCHING SET PROVIDED.

11:00

BRUNCH.

15:00

INTENTION AND CIRCLE SETING BY CAROLINE.

19:00

PILATES CLASS BY CAROLINE.

20:30

DINNER.

SOULSYNC

SUNDAY D3

8:00

MEDITATION BY YEXA.

8:30

PILATES CLASS BY CAROLINE.
WEAR MATCHING SET!

11:00

BRUNCH.

15:00

LETTING GO WORKSHOP BY CAROLINE AND YEXA.
Dance and senses.
Wear comfortable clothes. Like the hoodie provided...

19:00
1.5 H

DESSERT MINDFUL HIKE BY CAROLINE AND YEXA.

20:30

DINNER.

SOULSYNC

MONDAY D4

8:00

MEDITATION BY YEXA.

8:30

PILATES FLOW BY CAROLINE.

11:00

BRUNCH.

15:00

BEACH DAY.
Wear beach clothes and swimming suit.

19:00

1.5 H

ACRO YOGA BY YEXA.
You can change to workout clothes or stay on beach clothes!

20:30

PIZZAS AND WINE BY THE BEACH.

SOULSYNC

TUESDAY D5

8:00

MEDITATION. BY CAROLINE.

8:30

PILATES BY CAROLINE.

11:00

BRUNCH.

12:00-19:00

MASSAGE TEAM ARRIVES TO THE VENUE.

19:00

VINYASA FLOW BY YEXA.

20:30

DINNER.
CACAO CEREMONY ROOFTOP.

SOULSYNC

***MASSAGE ORDER GETS RANDOMLY PICKED
BUT WE ALL GET IT ON THE SAME DAY.**

WEDNESDAY D6

8:00

MEDITATION BY YEXA

8:30

PILATES BY CAROLINE.

11:00

BRUNCH.

15:00

INNER-CHILD HUG BY YEXA.

19:00

YOGA FLOW BY YEXA.

1.5 H

20:30

CLOSING CEREMONY.

White fancy dinner. We provide the white dress!

SOULSYNC

THURSDAY D7

8:00

MEDITATION.

8:30

POWER FLOW!
PLAYFUL BY CAROLINE AND YEXA.

11:00

LAST BRUNCH.

15:00

THANK YOU!!!

SOULSYNC

INCLUDED:

- BRUNCH AND DINNER. (FARM TO TABLE MEALS)
- WHITE DRESS FOR CLOSING CEREMONY.
- MATCHING WORKOUT SETS.
- WORKSHOPS.
- ALL CLASSES.
- MASSAGE.
- MATERIALS FOR CLASSES. (You can bring your own mat if you like but we have plenty of yoga mats).
- TRANSPORTATION FROM THE AIRPORT AND AROUND THE CITY FOR THE EXCURSIONS.
- 10 MIN WALK TO CLOSEST BEACH.

Be ready to disconnect, make new friends, find yourself, be in the middle of Spain doing yoga and pilates! Enjoying delicious healthy and organic food. Just you and nature..OH! and a lot of new girlfriends!!