

17th - 25th September - Sandy & Teresa

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	
07:00		Yoga***	Yoga***	Yoga***	Yoga***	Yoga***	Breakfast	Yoga***	
8:00	Arrivals Days	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		3 island cruise (lunch provided)	Breakfast
8:30									
9:00		Classes/Sessions	Hike to Thermal Springs	Hippocratic Foundation and Asklepion	Local Beach Day (recommend using onsite bicycles - discuss closer to the time**)	Hike to Palio Pyli Castle	Lunch		Departure Day
9:30									
10:00									
10:30									
11:00									
11:30									
12:00		Lunch	Lunch	Lunch	Lunch	Lunch			
12:30									
13:00		Free time	Free time	Free time	Free time	Free time			
13:30									
14:00									
14:30									
15:00									
15:30									
16:00									
16:30									
17:00									
17:30									
18:00	Opening Circle and Welcome	GREEK COOKING CLASS	Evening Dinner	Hippocrates Garden Sunset Meditation and unique revelations from your Akashic Records and Astrological Charts.	Evening Dinner	Evening Dinner	Free Time		
18:30									
19:00	Evening Dinner		Evening of Akashic and Astrological Insights		Evening Dinner	Yoga	Yoga	Evening Dinner	
19:30									
20:00									

*This is a PROPOSED itinerary, meals, transfer and activities could cause amendments, we will not know closer to the time. Due to the weather hiking needs to be kept early in the day.

** bicycles are available at Sails on Kos, but to ensure everyone has a bike, it may be worth hiring for the day. The rate at the moment is 5€ for city bike and 15€ for an E-Bike

*** you may think Yoga classes are too early, which we can adjust accordingly.