**HOLIDAY PROGRAM “YOGA AND NATURE: THE SECRETS FOR MENTAL AND PHYSICAL WELL-BEING”**

**29 SEPTEMBER – 2 OCTOBER**

A NATIONAL PARK AND A QUITE RESORT ARE THE PERFECT MATCH FOR LOSING YOURSELF IN NATURE AND FOR TAKING CARE OF YOUR MIND AND BODY. WHAT MAKES THIS HOLIDAY SO UNIQUE IS HATA YOGA, LONG WALKS SURROUNDED BY THE MEDITERRANEAN VEGETATION AND A BALANCED DIET. BOTH EXPERTS AND BEGINNERS CAN TAKE PART IN THIS COURSE WHICH WILL BE HELD BY TWO WELLNESS SPECIALISTS.

**THURSDAY, 29 SEPTEMBER**

3 PM ARRIVAL AND REGISTRATION OF THE PARTICIPANTS

5-6 PM PRESENTATION OF THE PROGRAM

6-7 PM YOGA LESSON

8 PM DINNER

**FRIDAY, 30 SEPTEMBER**

7-8 AM BREATHING TECHNIQUES AND YOGA

8.30 AM BREAKFAST

10 AM NATURALISTIC EXCURSION

12 AM LUNCH

5 PM GROUP DYNAMICS AND RELAXING TECHNIQUES

6 PM YOGA LESSON

8 PM DINNER

9.30 PM FILM NIGHT SIPPING RELAXING INFUSION

**SATURDAY 1ST OCTOBER**

7-8 PM YOGA LESSON AND BREATHING TECHNIQUES

8 PM BREAKFAST

10 PM NATURALISTIC EXCURSION

12.30 PM LUNCH

5 PM GROUP DYNAMICS AND RELAXING TECHNIQUES

6 PM YOGA LESSON AND MEDITATION

8 PM DINNER

9.30 PM WALKING UNDER THE STARS

**MONDAY, 2ND OCTOBER**

7-8 PM YOGA LESSON AND MEDITATION

8 PM BREAKFAST

10 PM NATURALISTIC EXCURSION

12.30 AM LUNCH

**MINIMUM NUMBER OF PARTICIPANTS: 4 PEOPLE**

**RATES STARTING FROM € 92,00 PER PERSON PER DAY**

**THE PRICE INCLUDES ROOM WITH BREAKFAST AND COURSE**