|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| DRAFT | Morning Class | Brunch | Afternoon | Teatime | Sunset Class | Dinner |
| Saturday  | Arrival Day | Schedule TBC |
| Sunday | 9am Opening and Connecting to the Space | 11am | 3pm Creative Session | 4pm | 5pm Yoga | 7.30pm |
| Monday\* | 9am Nia – Dancing Dragons | 11am |  | 4pm | 5pm Ebb and Flow – Pilates  | 7.30pmAfter Dinner Storytelling |
| Tuesday\* | 9am Nia – Soul Sisters | 11am | 3pm Creative Session | 4pm | 5pm Aligning the Stars – a treat for your Feet | 7.30pm |
| Wednesday | 9am Nia – Pulse | 11am |  | 4pm | 5pm Restorative and Yoga Nidra | 7.30pmAfter Dinner Storytelling |
| Thursday | 830am Yoga | 10.00am | 11.15 Depart for Granada and trip to Alhambra | 7.30pm |
| Friday | 9am Yoga | 11am |  | 4pm | 5pmA Space of Possibility and Creativity –some reflections | 7pm8.30pm Weaving TogetherParty Night |
| Saturday | 10am Closing Space  | Departure Day before 11am |