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| 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 | 7.30pm  After 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 | 7.30pm  After Dinner Storytelling |
| Thursday | 830am  Yoga | 10.00am | 11.15 Depart for Granada and trip to Alhambra | | | 7.30pm |
| Friday | 9am  Yoga | 11am |  | 4pm | 5pm  A Space of Possibility and Creativity –some reflections | 7pm  8.30pm Weaving Together  Party Night |
| Saturday | 10am Closing Space | Departure Day before 11am | | | | |