DAILY ACTIVITIES SCHEDULE

euphoria RETREAT

MONDAY 16 NOV Water Element Day	TUESDAY 17 NOV Wood Element Day	WEDNESDAY 18 NOV Fire Element Day	THURSDAY 19 NOV Earth Element Day	FRIDAY 20 NOV Metal Element Day	SATURDAY 21 NOV Water Element Day	SUNDAY 22 NOV Wood Element Day
09:00–09:45	**09:00–10:30**	**09:00–10:30**	**09:00–10:00**	**09:00–11:00**	**09:00–10:00**	**09:00–10:30**
Forest Fit Walk*	Hiking Mystras to Agios Lias* Advanced · 4 km Max elevation 455 m	Hiking Mystras to Vlahohori* Advanced · 3.4 km Max elevation 573 m	Village Walk to Agios Ioannis Vouvalon*	Hiking Mystras to Sotiras* Advanced · 8.5 km Max elevation 498 m	Village Fit Walk*	Hiking Mystras to Lagadiotissa* Medium · 3 km Max elevation 332 m
12:00–12:45	**12:00–12:30**	**11:00–11:45**	**11:00–12:00**	**12:00–12:30**	**11:00–11:45**	**11:00–11:30**
Kettlebell Workout*	Pranayama Breathing*	Group Meditation*	Free Your Voice*	Pranayama Breathing*	Aqua Gym*	Stretching*
13:00–13:30	**16:00–17:00**	**12:00–12:45**	**12:30–13:15**	**13:00–13:30**	**12:00–13:00**	**16:00–16:45**
Cold Plunge & Guided Breathwork*	Five Elements Lecture*	Total Body Workout*	T.R.X. Workout*	Mobility Fitness Class*	Mat Pilates*	PiYo*
15:30–16:00	**17:00–17:45**	**15:00–16:00**	**15:00–16:00**	**16:00–16:45**	**17:00–18:00**	**17:30–18:00**
Tabata*	Circuit Training*	Mediterranean Way of Eating*	Mat Pilates*	Self-Myofascial Release*	Traditional Indian Hatha Yoga* Advanced	Cold Plunge & Guided Breathwork*
19:00–20:00	**18:00–18:30**	**19:00–19:45**	**17:00–17:45**	**19:00–20:00**	**19:00–20:00**	**19:00–19:45**
Traditional Indian Hatha Yoga* Advanced	Stretching*	H.I.I.T. Workout* Advanced	Qigong*	Traditional Indian Hatha Yoga* Advanced	Tai Chi*	Qigong*

***REGISTRATION**	Registration is required for all activities. Please register at Spa Reception.
MORNING HIKES	Meeting point at Hotel Reception. Registration is required until 7pm of the previous day at the Spa Reception. Hiking shoes are required.

FITNESS & YOGA	Yoga Hall I · Spa, 3rd floor
PLEASE NOTE	Changes or cancellations might occur, due to unexpected circumstances. Private sessions are available on request.

DAILY ACTIVITIES

A curated selection of movement, mindfulness, breathwork and wellbeing practices

euphoria RETREAT

MINDFULLNESS · ENERGY · EMOTIONS

5 Elements Lecture Explore the Five Elements of Traditional Chinese Medicine and how they can support physical health, restore emotional balance, and help understand personalities and life circles.

Connect with Breath Gentle breathwork to calm the nervous system, reduce stress, and improve focus.

Energy Movement Mindful practice combining tapping and slow movement to encourage the natural flow of energy (Qi).

Free Your Voice Breath, sound and vocal exercises supporting release, confidence and self-expression. Explore the power of your voice and connect with your body, and inner presence.

Group Meditation Guided practices of breath, awareness, and stillness, to release stress, reconnect, and cultivate a deeper sense of calm, balance and presence.

Pranayama Breathing Traditional yogic breathing to calm the mind and balance energy. Guided breath techniques that help create a deeper connection between body, breath, and mind.

Qigong Gentle mind-body practice rooted in Traditional Chinese Medicine that combines flowing movements, breath, and meditation to support vitality, balance and relaxation.

Sound Healing Meditation Therapeutic sound and vibration encouraging deep rest and inner balance. A calming practice that supports stress release, emotional relaxation, and presence.

Tai Chi Slow, flowing sequences rooted in ancient Chinese traditions, that help improve flexibility, coordination, and stress reduction.

YOGA · PILATES · MOBILITY

Mat Pilates Low-impact exercises including controlled movements, conscious breathing, and core activation, for strength, posture, and flexibility.

Mobility Fitness Dynamic stretches and functional movement to improve mobility and range of motion, and release tension.

PiYo Fitness A dynamic, low-impact workout blending Pilates and yoga to help improve core strength, mobility, stability, and fitness.

Stretching Guided stretches and mindful breathing to release muscular tension, enhance mobility and support recovery.

Traditional Indian Hatha Yoga Ancient Indian practice uniting body, breath, and mind through asanas, pranayama, and meditation. Cultivates strength, flexibility, balance, and awareness.

Vinyasa Yoga A flowing and dynamic yoga practice that synchronizes movement with breath through a sequence of postures. Vinyasa Yoga builds strength, flexibility, balance, and body awareness.

Yin Yoga A slow and deeply restorative yoga practice that uses gentle, longer-held postures to release tension from the fascia, improve flexibility, and encourage inner calm.

Yoga Nidra A guided lying-down practice focused on longer-held postures and conscious breathing, leading body and mind into deep conscious rest.

Self-Myofascial Release A restorative movement class using foam rollers, massage balls, and targeted techniques to release muscle and fascia tension, improve mobility, and support recovery.

FITNESS · NUTRITION · NATURE

Circuit Training A dynamic full-body workout in a series of timed stations, combining strength, cardio, and functional exercises. Designed to improve endurance, build strength, and boost cardiovascular fitness.

H.I.I.T. / H.I.F.T. Workout High-intensity full-body training combining strength, cardio, and functional movements to improve endurance and fitness.

Kettlebell Workout Full-body kettlebell weights workout combining strength training and cardio to improve fitness, coordination, and body awareness.

T.R.X. Workout Suspension-based bodyweight training for strength, stability, and endurance.

Tabata High-energy interval training based on short bursts of intense exercise followed by brief recovery periods. Improves cardiovascular fitness, strength, endurance, and calorie burn.

Total Body Workout Full-body training combining strength, cardio, and functional exercises to improve fitness, endurance, and mobility.

Forest Fit & Energy Walk Guided outdoor experience combining brisk walking, functional movement, breathing exercises, and energy practices inspired by Tai Chi and Qi Gong.

Cold Plunge & Guided Breathing Guided breathing and cold-water immersion inspired by the Wim Hof Method. Supports focus and resilience while reducing stress and muscle tension.

Mediterranean Way of Eating Lecture exploring how fresh seasonal foods, mindful eating and balanced daily habits can enhance vitality, longevity and overall well-being.

Group activities are also offered as private sessions on request. Please consult the Spa reception.