Spain Itinerary| May 24 – May 31, 2019 (subject to change to unforeseen circumstances)

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| Time | Friday | Saturday | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
| 7:30 – 8:15 am |  | All levels Yoga | All Levels Yoga | All Levels Yoga | All Levels Yoga | All Levels Yoga | All Levels Yoga  | All levels yoga |
| 8:15 – 8:45  |  | Meditation | Meditation | Meditation | Meditation | Meditation | Meditation | Meditation |
| 9:30  |  | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |
| 10: 30 – 2:30 |  | Free time | Albaycin Excursion | The Alhambra | Salobrena Excursion | Free Time | Free Time |  |
| 2:30 - 3:30 |  | Lunch | Lunch in town (included) | Lunch in town (included) | Lunch at beach (included) | Lunch at Villa | Lunch at Villa |  |
| 3:30 – 5:00 | Arrival and pick up from Granada airport/TBD | Free time | Return to Villa @ 4:45 | Return to Villa | Return to villa | Free time | Free time or short yoga class or walk |  |
| 5:00 – 6:15 | Gentle Yoga | Gentle Yoga | Gentle Yoga | Yoga | Yoga | Yoga | Flamenco Night OUT |  |
| 6:15 – 6:45 | Silent Walk | Silent Walk | Silent Walk | Silent Walk | Silent Walk | Silent Walk | Explore Sacromonte District/Flamenco Workshop |  |
| 7:30/8:00 | Welcome Dinner | Dinner | Dinner | Dinner | Dinner | Dinner | Flamenco Dinner (included) return at 10 pm |  |

# Notes:

Free time: swim, read, golf 30 km away (extra fee), walk/jog trails, book a massage(extra), take in additional excursions (extra)

For more details on the excursions please see the website.