

SATURDAY

16:00 - CHECK IN OPENS

18:30 - Welcome Aperitivo

19:30 - Supper

SUNDAY

07:00 - 07:30 Tea/Coffee/Fresh Fruit

07:30 - 08:00 Meditation on the outdoor platform

08:00 - 8:30 Joint Mobility

08:30 - 09:30 Kettle Bells Workout

09:30 - 10:30 Brunch

11:00 - 12:30 Group Introduction & Get together

13:00 - 14:00 Buffet Lunch

16:30 - 17:30 Forest Walk

18:30 - 19:30 Budokon Yoga

20:00 - 21:00 Supper

MONDAY

07:00 - Tea/Coffee/Fresh Fruit

07:30 - 08:00 Meditation on the outdoor platform

08:00 - 8:30 Joint Mobility

08:30 - 09:30 - Budokon Mobility Flow

09:30 - Brunch

10:30 - Depart for the Sea

11:30 - Arrive at the Sea

13:00 - Pack lunch at the Sea

16:30 - Depart for Home

18:30 - 19:30 Gentle Yoga & Stretch

20:00 - 21:00 Supper

TUESDAY

07:00 - Tea/Coffee/Fresh Fruit

07:30 - 08:00 Meditation on the outdoor platform

08:00 - 8:30 Joint Mobility

08:30 - 09:30 Build your Handstand

09:30 - 10:30 Brunch

10:30 - 13:00 Chill at the Pool

13:00 - 14:00 Buffet Lunch

14:00 - 16:00 Siesta

16:30 - 17:30 Budokon Yoga

18:00 - 19:00 Cooking class - tips & tricks to Italian cooking take home with you

20:00 Supper

WEDNESDAY

07:00 - Tea/Coffee/Fresh Fruit

07:30 - 08:00 Meditation on the outdoor platform

08:00 - 8:30 Joint Mobility

08:30 - 09:30 Budokon Mobility Flow

09:30 - Brunch

11:30 - Depart for Bagno Vignoni hot springs

12:30 - Arrive at Bagno Vignoni hot springs

13:00 - A spot of light lunch in a local trattoria

15:00 - Get the swimsuits on and soothe away any aches & pains in the outdoor thermal baths complex at La Posta, Bagno Vignoni.

17:00 - Depart for Home

18:30 - 19:30 Gentle Yoga & Stretch

20:00 Supper

THURSDAY

07:00 - Tea/Coffee/Fresh Fruit

07:30 - 08:00 Meditation on the outdoor platform
08:00 - 8:30 Joint Mobility
08:30 - 09:30 Kettle Bells Workout
09:30 - 10:30 Brunch
13:00 - 14:00 Buffet Lunch
18:30 - 19:30 Wine Tasting Workshop
18:30 - 19:30 Budokon Yoga
20:00 SUPPER

FRIDAY

07:00 - Tea/Coffee/Fresh Fruit
07:30 - 08:00 Meditation on the outdoor platform
08:00 - 8:30 Joint Mobility
08:30 - 09:30 Build your Handstand
09:30 - 10:30 Brunch
10:30 - 13:00 Chill at the Pool
13:00 - 14:00 Buffet Lunch
16:00 - 17:30 Group Talk & Photo
17:30 - 18:30 Budokon Yoga
19:00 - Farewell Aperitivo
20:00 - Supper

SATURDAY

07:30 - 09:30 Breakfast
10:30 - CHECKOUT