

Yoga Holidays day-to-day program

Day 1

17:00 Reception and accomodation
18:00 Roundtable, briefing and presentations
19:00 Dinner

Day 2

8:30 Class Yoga-asanas and relaxation
10:30 Brunch
11:30 Trip to El Medano sand beaches and Montaña Roja hiking
18:00 Yin Yoga (smooth and flowing yoga class)
19:00 Dinner

Day 3

8:30 Class Yoga-asanas and relaxation
10:30 Brunch
11:30 Free time (rest, beach, massages and therapies)
14:00 Boat trip with dolphins from Puerto Santiago (Los Gigantes)
18:00 Yin Yoga
19:00 Dinner

Day 4

8:30 Dynamic Meditation (practice meditation with movement and dance to awaken the senses and activate the energy flow)
10:30 Brunch
11:30 Free time (rest, beach, massages and therapies)
13:00 Visit to Teide National Park and 2 hour hiking
18:00 Yin Yoga and Mantras chanting
19:00 Dinner

Day 5

8:30 Yogasanas and Pranayama
10:30 Brunch
11:30 Free time (rest, beach, massages and therapies)
13:00 Treking en Volcan Chinyero (2 hours)
18:00 Flow Yoga and Mantra Chanting (Or "Temazcall": traditional sweatlodge)
19:00 Dinner

Day 6

8:30 Yogasanas and Pranayama
10:30 Brunch
11:30 Free time (rest, beach, massages and therapies)
13:00 Guided Walking Tour clay therapy. (Diego Hernandez beach "caleta hippie")
18:00 Heart Chakra (Anahata) meditation. Conecting with the ocean of unconditional love.
19:00 Dinner

Day 7

8:30 Yoga Flow and Kundalini Meditation (vibrational meditation practice to raise vital energy and release emotional tension)
10:30 Brunch



Yoga en Tenerife

11:30 Free time (rest, beach, massages and therapies)
19:00 Dinner
21:00 Dance Celebration (Music and dance around the fire)

Day 8

8:30 Yoga Practice, So-Ham (I-am) Meditation
10:30 Breakfast-Brunch
11:30 Free time and Farewell

The program is designed to enter gradually into the practice and does not require previous experience. Advanced practitioners and beginners will enjoy the benefits. The order of the practices may vary according to weather conditions or to the group dynamic.

Assistance to all the practices and excursions are suggested and voluntary

Leisure time tips:

- Enjoy nearby beaches
- Explore the area on foot
- Sign up for a massage or any therapy
- Enjoy a 5 star hotel SPA Roca Nivaria 10 minutes walk (30€)
- Snorkeling or diving (there are diving centers nearby)
- Paragliding (Tandem trip 70€)