

# PRELIMINARY PROGRAM

## **Saturday 29/5**

From 07.30am – Arrival

08.00am – Breakfast will be served and a welcome speech by the SPC-Remedy Team.

08:45 am – Garuda with Carita (60 min).

*Short break with ice water, fruit and healthy treats.*

10.00am – Pilates Burn with Amelie (60 min).

*Short break with ice water, fruit and healthy treats.*

11.15am – Relaxing Reiki Healing Class with Matilde (45 min)

12.00pm – Free time/change of clothes (optional)

13:00pm –Lunch at Restaurant J

14.00pm – Meditative Herbal Walk with our guide Anna Konvicka

14:30pm – Fika at Svindersvik's Bryggcafé with the owner Jeanette and Herbal Workshop with Anna Konvicka.

15:00pm – Power walk back to the hotel. Free time/change of clothes (optional)

16:00 pm – Pilates Flow: Fascia Focus with Carita.

17.00pm – Free time to enjoy ocean swims and saunabaths.

18:45 pm – Pre drink at Tornvillan/Restaurant J.

19:00pm – 3 Set Dinner Course at Restaurant J.

## **Sunday 30/5**

*Early Bird (optional)*

07.00am – Running/Power Walk along the shore.

*The Day Starts*

08.00am – Team Teaching Class with Amelie & Carita (75 min).

09.15am – Healthy Breakfast.

10:30am – Sound Healing with Amelie (45 min).

12:00pm – Check out.

Fr. 13:00pm – Spa Treatments for those who have pre-booked at Njuta Spa.

*The program is preliminary and may change. The final program & travel-details will be sent out 2 weeks prior to arrival.*