



# YOGA & SAIL RETREAT

## WEEKLY PROGRAM IN TUSCANY ELBA AND CAPRAIA ISLAND

### SATURDAY

15/16:00 Meeting at the marina of [Marina di Scarlino \(GR\)](#)  
17:00 Navigation to Elba island  
8.30 Dinner on board  
Introduction of people of the group  
Tea, infusion and overnightstay at anchor

### SUNDAY

6:15 Waking up  
7:30 Yoga on the beach  
9:30 Breakfast on board  
Navigation, seaside and relax  
13:30 Lunch  
Seaside and relax  
18:30 Meditation on board  
20:00 Dinner on board  
Tea, infusion and overnightstay at anchor

### MONDAY

6:15 Waking up  
7:30 Yoga on the beach  
9:30 Breakfast on board  
Seaside and relax  
13:30 Lunch  
Sailing, seaside and relax  
8:00 Dinner on board  
22:00 Mantra with music  
Tea, infusion and overnightstay at anchor

### TUESDAY

6:15 Waking up  
7:30 Yoga on the beach  
9:30 Breakfast on board  
Navigation to Capraia island, seaside and relax  
12:00 Snack  
15:00 Lunch on board  
18.00 Docking at Capraia port  
20:00 Free evening, aperitif, restaurant and visit of the place  
Overnightstay in por

### WEDNESDAY

6:40 Waking up  
7:30 Yoga on the beach  
9:30 Breakfast on board  
Free time to visit Capraia, shopping and relax  
12:00: meeting on the boat and departure for the next destination  
13:30 Lunch  
Seaside and relax  
18:30 Pranayama  
8:00 Dinner  
21:30 Sharing time together , group sharing  
Tea, infusion and overnightstay at anchor



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## WEEKLY PROGRAM IN TUSCANY ELBA AND CAPRAIA ISLAND

### THURSDAY

6:40 Waking up  
7:30 Meditation on board  
8:30 Breakfast on board  
Sailing, seaside and relax  
14:30 Lunch  
Seaside and relax  
18:30 Yoga on the beach  
20:00 Aperitif on board with music and dinner

### FRIDAY

6:15 Waking up  
7:30 Yoga on the beach  
8:30 Breakfast on board  
Sailing, seaside and relax  
13:00 Lunch  
Sailing, seaside and relax  
18:00 Return to port of departure  
20:00 Dinner on board  
21:30 Closing the yoga retreat with a group sharing and thanks  
Tea and infusion

### SATURDAY

7:00 Waking up  
Breakfast, packing bags and luggage  
9:00 Disembarkation and greetings

NOTE: THE PROGRAM IS SUBJECT TO CHANGES AND ALTERATIONS IN RELATION TO WEATHER AND DECISIONS OF THE CAPTAIN, TO ENSURE THE RETREAT IS CARRIED OUT IN COMPLETE SAFETY.

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