

apollo sports

| TIME: | Monday 2 August | Tuesday 3 August | Wednesday 4 August | Thursday 5 August | Friday 6 August | Saturday 7 August |
|--------------|--|--|--|--|--|--|
| Morning | Sunrise meditation (30 min) | Silent walk (30 min) | Sunrise meditation (30 min) | Silent walk (30 min) | Sunrise meditation (30 min) | Silent walk (30 min) |
| Morning | Classical Hatha Yoga (90 min) | Classical Hatha Yoga (90 min) | Classical Hatha Yoga (90 min) | Classical Hatha Yoga (90 min) | Classical Hatha Yoga (90 min) | Classical Hatha Yoga (90 min) |
| Afternoon | Lecture about Hinduism and yoga philosophy part 1 (60 min) | Lecture about Hinduism and yoga philosophy part 2 (60 min) | Lecture about Hinduism and yoga philosophy part 3 (60 min) | Lecture about Hinduism and yoga philosophy part 4 (60 min) | Lecture about Hinduism and yoga philosophy part 5 (60 min) | Lecture about Hinduism and yoga philosophy part 6 (60 min) |
| Evening | Yin yoga & pranayama (90 min) | Yin yoga & pranayama (90 min) | Yin yoga & pranayama (90 min) | Yin yoga & pranayama (90 min) | Yin yoga & pranayama (90 min) | Yin yoga & pranayama (90 min) |

The program is preliminary, changes may occur. The exact times will be presented on the sports program at the hotel,

At Porto Plomari with Riyas Babu

The classes are held in Swedish and English.

All training is free of charge.

Please arrive on time wearing sports clothes, and bring your own water bottle.

Please note that there are a limited number of places.