

apollo sports

TIME:	Monday 9 August	Tuesday 10 August	Wednesday 11 August	Thursday 12 August	Friday 13 August	Saturday 14 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.