

How It Works YOGA & POLE for your BODY & SOUL

A City Time-Out Retreat in Barcelona 2013 An Immersion into Yoga, Pole Dancing and Spanish Culture.

Example long weekend itinerary – 2.5 days off work for 5 days in the sun!

Yoga Ishta Style want you to get the most out of your trip so we are packing in as much as possible to your time with us whilst allowing ample time to relax in Barcelona

NOTE: This is an example itinerary; some of the times will vary according to specific flights and package booked.

Day 1 - Thursday

Your long weekend starts here...

- Check in to a morning flight to Barcelona to arrive around 12pm. Relax in airport lounge putting work behind you to focus on the Yoga & Pole Dance weekend ahead.
- Find your way to your selected accommodation option. If staying at Group Residences, go to reception at 3pm. Be met by a Yoga Ishta Style Retreat representative and be walked to the nearby Pole Studio- Feeling Woman for the welcome session and your first classes of the retreat. If not, make your own way there. First session starts at 3.30pm.
- After your first sessions, stay with us for the welcome cava reception on the roof terrace. At around 9pm we will walk to our dinner venue where we will share some lovely tapas- latin fusion style with some tasty wine before settling down for a restful night sleep ahead of a great day of Yoga and Pole dancing activities.

Day 2 - Friday Yoga, Pole Dance and Stand Up Paddle Board

- After breakfast, make your way back to 'Feeling Woman' for your morning Yoga session with Raphaella and some great Pole Workshops with Crystal.
- After classes enjoy a day lazing on the beaches or exploring the city with your new friends.
- We meet again at 8pm for a sunset Stand-Up Paddle Board lesson at Locals Surf Shop.
- Buy your own dinner

Day 3 - Saturday - Pole Dance and Park Yoga Session

- You've worked hard up until now- so to give you a little reward, a sleep in.
- After a sleep-in, head back to 'Feeling Woman' Pole Studio for 3 hours of Pole Dance Workshops.
- Break for lunch
- Meet for a late afternoon/ early evening rejuvenating partner yoga session in Cuitadella Park.
- Free evening....

Day 4 - Sunday - Yoga, Pole Dance Day. Final Night Party.

- After breakfast, make your way back to 'Feeling Woman' for your morning Yoga session with Raphaella and some great Pole Workshops with Crystal.
- Relax and chill for the rest of the afternoon until we meet for your final night dinner and party
- Ready to put your culinary skills to the test? It's time for a Paella Challenge. We will put you into teams and the chef will decide who cooks the best paella. Afterwards, sit down to enjoy your Spanish meal accompanied by music, sangria and your new friends.

- Not ready to call it quits? Head to a nearby nightclub for a free cocktail and dance the night away...
- Last night in accommodation...sleep zzzzz time...

Fly home or stay longer Day 5 - Monday

- Not quite ready to go home? If you want to stay longer, let us know and we can help you sort out accommodation
- If you go back home- It's time to check out and head to the airport. Safe travels and see you next time.