

*** EAT PRAY SKI RETREAT 2013- TIMETABLE- FEBRUARY 2nd -9th***

Saturday: Arrival	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday: Depart
07:00	07:00- 08:30 YOGA	07:00- 08:30 YOGA	07:00- 08:30 YOGA	07:00- 08:30 YOGA		07:00- 08:30 YOGA	
08:00							
09:00	08:30- 10:00 BREAKFAST	08:30- 10:00 BREAKFAST	08:30- 10:00 BREAKFAST	08:30- 9.30 BREAKFAST	08:30- 9.30 OPEN BREAKFAST	08:30- 10:00 BREAKFAST	08:30- 10:00 BREAKFAST
10:00	Group Ski Class, van leaves at 9.20am/ other 10am			10:00 - 22:00	09:30- 10:45 YOGA	10:00-17:30	10:30
11:00	10:30- 14:30pm HALF DAY PASS Four hours of SKI or BOARD	10:30- 14:30pm HALF DAY PASS Four hours of SKI or BOARD	10:30- 14:30pm HALF DAY PASS Four hours of SKI or BOARD	DAY TRIP Italy Thermal Spa, Relax, Optional treatments. incl, entry and food	11:00- 17.30 Ski Time/ Free Time/Or choose from mountain activity eg. Snowshoe, Cross Country Ski		Depart for Geneva
12:00							Leave ample time
12:30- 1:00							12.30 arrive GVA
13:00	12:30- 15:00 Meet at Airport DRIVE TO SAMOENS	If classes booked, options are: Private classes at 12pm (not feb)- Meet at top of Telecabin Group Classes: 10am- 12.15pm Or choose different mountain activity for day					Flight earliest book 2.00-2.30pm
14:00				12pm Arrive at Spa	For half day/ 4 hr ski 2nd bus leaves at 12.30pm with same pick up time.		
15:00	15:00 - 16:30 Afternoon Tea/ Settle in to rooms	15:00- 15:30 Ski Pick up	15:00- 15:30 Ski Pick up	15:00- 15:30 Ski Pick up	7pm Depart Spa for local Italian dinner	Group Lessons 15h- 17:15 Meet at ESF point	
16:00							
17:00	17:00 - 18:30 Pick up ski hire	17:00- 18:00 YOGA & STRETCH	17:00- 18:00 YOGA & STRETCH	17:00- 18:00 YOGA & STRETCH		17:30 Ski Pick up	17:30 Ski Pick up
18:00						18:30- 19:30 YOGA	18:30- 19:30 YOGA
19:00	19:00 - 20:00 Orientation/ Welcome	19:30- 21:30 DINNER	19:30- 21:30 DINNER	19:30- 21:30 DINNER	CHEFS's Night off Dinner out in Italy.	19:30- 21:30 DINNER	19:30- 21:30 DINNER
20:00	20:00- 21:30 DINNER						
21:00		21:30- 22:00 Yoga Nidra					
22:00							