



## ITINERARY Sober Bliss Retreat 9-12th June 2023

### Day 1 Friday 9th June

18.00 Arrival / Check-in - Unpack, settle in & explore the grounds of Cortijo Escondido, your home during this retreat

19.00 Welcome drink & Tour

19.30 Wholesome & healthy buffet-style dinner

20.30 Introductory Chat with N/A Cocktails by the Pool

### Day 2 Saturday 10th June

08.30 – 09.30 'Unravel from your travel' Gentle Yoga practice

09.30 Freshly prepared breakfast

10.30 – 13.00 Trip into the beautiful Arcos de la Frontera, a Moorish fortified town with cute, winding cobbled streets, for coffee and a stroll

14.00 Fresh, vibrant and healthy lunch

15.00 Time for chillaxing; relax at the pool, have a massage (at extra cost), read, go for a run, swim and/or write

19.00 - 20.00 Guided Meditation incl. Qigong Breathwork & Reiju Empowerments

20.00 Wholesome & healthy buffet-style dinner

21.00 Non-alcoholic Spirits Tasting with Lyre's fantastic range of N/A drinks

### Day 3 Sunday 11th June

08.30 – 09.30 Sunrise Yoga practice with Pranayama & Meditation

09.30 Freshly prepared breakfast

10.30 - 13.30 Time for Paddle Surf! We will set off to Lago de Arcos (*Lake of Arcos*), where we will be having a class of Paddle Surfing first, after which we will go for a paddle tour around the lake

14.00 Fresh, vibrant, and healthy lunch

15.00 Time for chillaxing; relax at the pool, read, go for a run, swim and/or write

18.30 Pre-dinner N/A Bubbly Hour

19.30 Wholesome & healthy buffet-style dinner

20.30 Music & N/A Drinks on the terrace while reminiscing about the retreat, *and sobriety in general*, with your new sober buddies

### Day 4 Monday 12th June

09.30 Freshly prepared breakfast

10.00 You Time... Go out for a wander and/or relax at the pool while njoying the (last) sun rays!

12.30 Fresh, vibrant, and healthy lunch

15.00 - 16.00 Time for goodbyes & Check-out