

SAMPLE ITINERARY //



7.30 am Rise and Shine Vinyasa Flow

8.30 am Breakfast

9.00 am Guided Trail Run Briefing

10 am Depart for Guided Run (Two Groups/Ability Levels // Trail Snacks Incl.)

[Afternoon hot drinks & snacks available // Sauna heated]

5.30 – 6.30 pm Gentle Hatha Yoga

6.30 pm Dinner (Followed by evening talk from endurance coach)

9 pm Yoga Nidra