

# apollo sports

## Yoga & SUP

TIME:	Monday 22 June	Tuesday 23 June	Wednesday 24 June	Thursday 25 June	Friday 26 June	Saturday 27 June
<b>Morning</b>	Morning yoga	Morning yoga and meditation	Morning yoga	Morning yoga and meditation	Sunrise SUP tour	Morning yoga
<b>Morning</b>		Intruduction class SUP		Intruduction class SUP		
<b>Afternoon</b>	Vinyasa flow	Slow flow yoga	Vinyasa flow	Slow flow yoga	Vinyasa flow	Slow flow yoga

*The program is preliminary, changes may occur.*

### At Porto Plomari with Sofie Simonsson

*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.*

*The minimum age to participate in the classes is 15 years.*

*Please note that there are a limited number of places.*