

apollo sports

Yoga & SUP

TIME:	Monday 29 June	Tuesday 30 June	Wednesday 1 July	Thursday 2 July	Friday 3 July	Saturday 4 July
Morning	Morning yoga	Morning yoga and meditation	Morning yoga	Morning yoga and meditation	Sunrise SUP tour	Morning yoga
Morning		Intruduction class SUP		Intruduction class SUP		
Afternoon	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.