

# apollo sports

## Yogalistic & CaribouYoga Week

TIME:	Monday 4 Oct	Tuesday 5 Oct	Wednesday 6 Oct	Thursday 7 Oct	Friday 8 Oct	Saturday 9 Oct
Morning	Morning Mobility Yoga (1 tim)	Morning Yoga (1 tim)	Morning Yoga (1 tim)	Morning Yoga (1 tim)	Morning Yoga (1 tim)	Morning Yoga (1 tim)
Morning		Run/hike	Run/hike	Run/hike	Run/hike	
Afternoon	Intro Yoga Workshop (2 tim)	Vinyasa flow (1 tim)	Mobility Drills/ Handstående Drills Workshop (2 tim)	Yin Yoga (1 tim)	Dance Flow Yoga Fusion Team (1 tim)	Vinyasa flow (1 tim)

*The program is preliminary, changes may occur. The exact times will be presented on the sports program at the hotel,*

**At Porto Plomari with Maria Ekman & Karin Örnborg**

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.

Please note that there are a limited number of places.