

M T W T F S S

Creative and Meditative Movement Flow
Lottie Joy
10:00-11:30

Hatha Vinyasa Yoga
Karin Schutz
10:00-11:30

Watercolour Painting
Lorena del Moral Castillo
10:00-11:30

Watercolour Painting
Lorena del Moral Castillo
12:30-13:30

Macrame - The Craft of Knotting
Carla Martin
14:00 -15:30

Yin Yoga
Arantza
14:00 -15:00

Ceramics - Playful Expressions
Carla Martin
17:00-18:30

Creative and Meditative Yoga Flow
Lottie Joy
18:00-19:30

Ceramics - Playful Expressions
Carla Martin
19:00-20:30

Meisner Technique for Actors - An Introduction
Andrea Helene
18:00-20:00

Ceramics - Mugs on the Wheel + Serrafito and Carved
Virginia Massagué Horta
9:30-11:00

Stay With Your Pace. Morning Yoga Flow
Sarah Elfvin
10:00-11:30

Ceramics with Focus on the Wheel
Virginia Massagué Horta
11:30-13:00

Ceramics with Focus on the Wheel
Virginia Massagué Horta
13:30-15:00

Effort and Surrender Yoga Flow
Jil Moore
14:00-15:15

Unveil For Sweet Dreams. Gentle Yoga Flow
Sarah Elfvin
18:00-19:30

Hatha Yoga
Arantza
10:00-11:30

Ceramics - Modelling and Sculpture
Maria Roca Parés
14:00-15:30

Mixed Media Art - Creative Painting
Anja Kleener
14:00-16:00

Ceramics - Modelling and Sculpture
Maria Roca Parés
17:00-18:30

Teen Yoga (Ages 13 -19)
Jil Moore
17:00-18:15

Mixed Media Art - Creative Painting
Anja Kleener
17:00-19:00

Kleistinguely Exploratory Theatre (Adults)
Jonas Verner-Carlsson
19:15-21:15

Hatha Vinyasa Yoga
Karin Schutz
10:00-11:30

Unwind Seal the Week Yoga Flow
Sarah Elfvin
14:00-15:15

The Joy of Painting
Victor Abad
16:30-18:00

Ceramics - Mugs on the Wheel + Serrafito and Carved
Virginia Massagué Horta
16:30-18:00

The Art of One - Creative Painting
Victor Abad
18:30-20:00

Inspiration Talks
Eva Larragay
19:00-20:30

Reiki Yoga
Camilla Martinez Mares
10:00-11:30

Intestinal and Brain-Gut Axis Health
12:00-13.30

Kleistinguely Exploratory Theatre — Youth Edition
Jonas Verner-Carlsson
14:00 -16:00

YOGA & CONVERSATIONS

ACTIVITIES

TALKS & EVENTS

M T W T F S S

<p>Creative and Meditative Movement Flow Lottie Joy 10:00-11:30</p>	<p>Hatha Vinyasa Yoga Karin Schutz 10:00-11:30</p>	<p>Ceramics - Mugs on the Wheel + Serrafito and Carved Virginia Massagué Horta 9:30-11:00</p>	<p>Hatha Yoga Arantza 10:00-11:30</p>	<p>Hatha Vinyasa Yoga Karin Schutz 10:00-11:30</p>	<p>Reiki Yoga Camilla Martinez Mares 10:00-11:30</p>	<p>Conscious Hikes 9:15-17:00</p>
	<p>Watercolour Painting Lorena del Moral Castillo 10:00-11:30</p>	<p>Stay With Your Pace. Morning Yoga Flow Sarah Elfvin 10:00-11:30</p>	<p>Ceramics - Modelling and Sculpture Maria Roca Parés 14:00-15:30</p>	<p>Unwind Seal the Week Yoga Flow Sarah Elfvin 14:00-15:15</p>	<p>Intestinal and Brain-Gut Axis Health 12:00-13.30</p>	
	<p>Watercolour Painting Lorena del Moral Castillo 12:30-13:30</p>	<p>Ceramics with Focus on the Wheel Virginia Massagué Horta 11:30-13:00</p>	<p>Mark Making - Creative Painting Anja Kleener 14:00-16:00</p>	<p>The Joy of Painting Victor Abad 16:30-18:00</p>	<p>Kleistinguely Exploratory Theatre — Youth Edition Jonas Verner-Carlsson 14:00 -16:00</p>	
<p>Yin Yoga Arantza 14:00 -15:00</p>	<p>Macrame - The Craft of Knotting Carla Martin 14.00 -15:30</p>	<p>Ceramics with Focus on the Wheel Virginia Massagué Horta 13:30-15:00</p>	<p>Ceramics - Modelling and Sculpture Maria Roca Parés 17:00-18:30</p>	<p>Ceramics - Mugs on the Wheel + Serrafito and Carved Virginia Massagué Horta 16:30-18:00</p>		
	<p>Ceramics - Playful Expressions Carla Martin 17:00-18:30</p>	<p>Effort and Surrender Yoga Flow Jil Moore 14:00-15:15</p>	<p>Teen Yoga (Ages 13 -19) Jil Moore 17:00-18:15</p>	<p>The Art of One - Creative Painting Victor Abad 18:30-20:00</p>		
	<p>Creative and Meditative Yoga Flow Lottie Joy 18:00-19:30</p>	<p>Unveil For Sweet Dreams. Gentle Yoga Flow Sarah Elfvin 18:00-19:30</p>	<p>Mark Making - Creative Painting Anja Kleener 17:00-19:00</p>			
<p>Meisner Technique for Actors - An Introduction Andrea Helene 18:00-20:00</p>	<p>Ceramics - Playful Expressions Carla Martin 19:00-20:30</p>	<p>Online Book Talks Wintering 20:00-21:30</p>	<p>Kleistinguely - Exploratory Theatre (Adults) Jonas Verner-Carlsson 19:15-21:15</p>	<p>Inspiration Talks 18:30-20:00</p>		

YOGA & CONVERSATIONS

ACTIVITIES

TALKS & EVENTS