

# Fledule

## Day 1

Arrival & use of facilities  
such as sunbathing,  
sauna and beach walks.  
Yoga  
Welcome circle

## Day 2

Gratitude sea walk  
Priming for Peak state  
2 Yoga sessions  
Breath work  
Playing with Fire!

## Day 3

Sunrise swim  
Sufi dynamic meditation  
Yoga  
Breath work  
Yogadipity & Relationships  
Gong Bath

## Day 4

Bradini | Classic/Kundalini  
Yoga & live music  
Yogadipity & Wim Hof  
Icebath  
Game of Thrones  
Ecstatic Dance

## Day 5

Free time to fully relax  
and integrate  
experience, enjoy  
invigorating walks by the  
sea and explore the  
many local attractions



**Y42 RETREAT**  
RADICAL WELLBEING