



## YACHT STEWARDESS RETREAT

11.11.2021- 21.11.2021

### PUNTA CANA, DOMINICAN REPUBLIC

\*ALL INCLUSIVE OFFER FROM KYIV

11.11.2021	<p><b>03:00</b> Departure from Kyiv Boryspil Airport  <b>09:00</b> ARRIVAL and CHECK IN to the hotel, free time</p>
12.11.2021	<p><b>7:00 – 8:30</b> Yoga, pranayama techniques aimed to eliminate muscle clamps  <b>09:00 – 19:00</b> Free time  <b>19:00 – 22:30</b> Yoga Seminar. Lektion and practices “Life choice, its importance, prioritization, liberation from unnecessary”.</p>
13.11.2021	<p><b>07:00 – 08:30</b> Yoga, pranayama, complexes aimed at working with the elements.  <b>08:30 – 10:00</b> Breakfast  <b>10:00</b> Departure to jungle excursion. 4x4 trip through tropical forests of Dominican, Zip line for brave 😊  <b>19:00 – 22:30</b> Yoga Seminar “True desires, creating your own world, search your own way”.</p>
14.11.2021	<p><b>07:00 – 08:30</b> Hatha yoga, basic asanas.  <b>09:00 – 10:00</b> Breakfast  <b>10:00 – 18:00</b> Free time, resting and swimming in Atlantic Ocean.  <b>18:00 – 22:00</b> Yoga seminar “Love for yourself. Who am I? What is my purpose? What exactly is important for me? What are my advantages? “</p>
15.11.2021	<p><b>07:00 – 08:30</b> Hatha yoga..  <b>09:00 – 10:00</b> Breakfast  <b>10:00</b> Free time. Time to learn or improve water sports: surfing, kite surfing, kayaking with glass bottom.  <b>19:00 – 22:30</b> Yoga Seminar “True desires. Creating your own world and finding your own way”.</p>
16.11.2021	<p><b>07:00 – 08:30</b> Hatha yoga.  <b>08:30 – 10:00</b> Breakfast.  <b>10:00 – 18:00</b> Swimming in the ocean.  <b>18:00 – 22:00</b> YSS seminar “Leadership and management skills for senior stewardesses”</p>

<ul style="list-style-type: none"> <li>• 17.11.2021</li> </ul>	<p><b>07:00 – 08:30</b> Hatha yoga.  <b>08:30 – 10:00</b> Breakfast  <b>10:00 – 20:00</b> Mini Cruise to one of the most picturesque islands in the world – Cayo Levantado. Snorkeling and enjoying the true beauty of Caribbean.</p>
<p>18.11.2021</p>	<p><b>07:00 – 08:30</b> Hatha yoga  <b>08:30 – 10:00</b> Breakfast  <b>10:00 – 18:00</b> Swimming in the ocean.  <b>18:00 – 22:00</b> SPA evening</p>
<p>19.11.2021</p>	<p><b>07:00 – 08:30</b> Hatha yoga  <b>08:30 – 10:00</b> Breakfast  <b>10:00 – 18:00</b> Swimming in the ocean.</p>
<p>20.11.2021</p>	<p><b>07:00 – 08:30</b> Hatha yoga.  <b>08:30 – 10:00</b> Breakfast  <b>10:00 – 18:00</b> Swimming in the ocean  <b>18:00 – 22:00</b> End of yoga seminars, summarizing.</p>
<p>21.11.2021</p>	<p><b>08:00</b> Check out  <b>12:00</b> Flight to Kyiv, arrival 6am next day.</p>

\*program can be changed depending on excursion availability.