



SAMPLE OF SCHEDULE 4 activities per week

WEEK 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WELCOME EVENING AT THE RESIDENCE	French standard courses					FREE TIME (or departure)
	Break and lunch *					
	MEET & GREET + WALK IN CAP D'ANTIBES	PILATES SESSION ON THE BEACH	YOGA SESSION ON THE BEACH	EXCURSION IN THE NATURE	FREE TIME	

WEEK 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WELCOME EVENING AT THE RESIDENCE	French standard courses					FREE TIME (or departure)
	Break and lunch *					
	PADDLE YOGA OR FLYING YOGA	MEDITATION WORKSHOP	YOGA SESSION ON THE BEACH	FREE TIME	CHANOYU TEA CEREMONY & VISIT OF NICE	

NOTES

- * The meals are not included in this program.
- This timetable is given as a reference showing a sample of activity program, it may be subject to change due to operational reasons or according to weather forecast.

