

# PROGRAM

## DAY 1

Arrival (Airport Pick Up) &  
Welcome-Dinner

## DAY 2

Power Breakfast  
Work  
Beach trip (incl. snorkeling & swimming)  
Sound meditation with Tania

## DAY 3

Yoga Class  
Power Breakfast  
Work  
Conference "Remote Work" incl. Tapas & Wine

## DAY 4

Power Breakfast  
Work  
Sightseeing La Orotava or La Laguna

## DAY 5

Yoga Class  
Power Breakfast  
Work  
Hike  
Optional\*: Surfing, Paragliding, SUP, diving, climbing  
Creativity Workshop with Gizane

## DAY 6

Power Breakfast  
Work  
Beach time and Meet Up in Puerto de la Cruz  
*Optional\*: Surfing, SUP, diving, climbing*

## DAY 7

Power Breakfast  
Hike or Beach Day

## DAY 8

Goodbye Breakfast  
Airport Shuttle

*Preliminary programme (subject to change). At all points you can,  
but, of course, you don't have to attend.  
\*Prices on request.*