



BARCELONA YOGA & POLE CAMP 2024

Thursday 11	Friday 12		Saturday 13	Sunday 14	Monday 15	Tuesday 16	Wednesday 17
	10-11am (Sala Zen) YOGA HANDSTANDS		10-11am (Sala Zen) YOGA SPLITS	3 night group leave	11am-12pm OPEN POLE Vee Niz to assist	Sleep in	Camp Ends/ Check out of your hotel
	11.30-1pm Barefoot Body Language with VeeNiz - Pole base work (spins & bodywaves)		11.30-1pm Pole Choreo: <i>Liquid contemporary</i>	POLE PHOTO SHOOT (9am- 2pm)	12.30-2pm Low Flow & Tricks	OPEN POLE 1.30-2.30pm Review session	Home time- See you next year!!
1.00-2pm Studio Orientation (Meet in reception) & Intro Circle (Sala Free)	BREAK		BREAK		BREAK	BREAK	
2-3pm Yoga with Raphaella 3pm-4.30pm Art of Seduction	2-3.30pm Spinning Lyrical Pole with Kike (ADVANCED)	2-3pm Pole Fundamentals (BEGINNERS)	2.30-4pm Flow Motion Pole with Kike (Sala Free) + Pole Handstands	4pm Beach Pole & Picnic	3-4pm Art of Seduction (Exploration Sequences)	3pm-5pm ART OF SEDUCTION 'Movement by Design' + Freestyle Concepts	
5-6pm Pole Workshop: Kinetic Blueprint (Foundation Floor Footwork)			FREE TIME (book a private class, studio practice time, a massage or relax)	Pole Picnic (supplied by camp) Photo opportunities with Stage Pole		5-5.30pm "Closing 'Goddess' Circle"	
8.00pm GROUP DINNER & DRINKS	FREE TIME (book a private class, studio practice time, a massage or relax)		7-9pm - Farewell to 3 day group (Cultural City Activity)		7.30-9:00pm - YOGA & MEDITATION IN THE PARK (camp will set up yoga mats)	FINAL NIGHT DINNER CELEBRATION	