



## BARCELONA YOGA & POLE CAMP JULY 2025

Monday 14	Tuesday 15		Wednesday 16	Thursday 17	Friday 18	Saturday 19	Sunday 20
<b>Monday 14</b>	<b>11am (Sala Zen) YOGA ARM BALANCES</b>		<b>10-11am (Sala Zen) YOGA HANDSTANDS &amp; FOREARM STANDS</b>	Studio free day	Sleep in	Sleep in	Camp Ends/ Check out of your hotel
	11.30-1.30pm Art of Seduction Mirrorwork & Movement concepts (Sala Free)		11.30-1pm Spinning Lyrical Pole with Kike (Sala Exotic)	POLE PICNIC & SWIM (10am-1pm)	12.30-2pm Low Flow & Tricks (Sala Free)	OPEN POLE 1.30-2.30pm Review session (Sala Exotic)	<b>Home time- See you next year!!</b>
	<b>BREAK</b>		<b>BREAK</b>	<b>Pole Picnic (supplied by camp) Photo opportunities with Stage Pole</b>	<b>BREAK</b>	<b>BREAK</b>	
<b>Monday 14</b>	<b>Monday 14</b>		<b>Monday 14</b>	<b>Monday 14</b>	<b>Monday 14</b>	<b>Monday 14</b>	<b>Monday 14</b>
3-4pm Studio Orientation (Meet in reception) & Intro Circle (Sala Free)	3.30-5pm Int/ Adv Pole with Kike		3-4.30pm Flow Motion Pole with Kike (Sala Free) + Pole Handstands		2.30pm-3.30pm Pole Choreo: Intro to performance (Sala Free) or Liquid contemporary (sequences)	3pm-4.30pm ART OF SEDUCTION 'Movement by Design' + Freestyle Concepts* (Sala Exotic)	*Add your name to freestyle sign up sheet for last class
4-5pm Yoga with Raphaella 5-6.30pm Pole Workshop: Kinetic Blueprint & Barefoot Body Language (Foundations & Sequences)	(For beginners signing up or those new to pole, we will run a Pole Basics Class at the same timeslot as above)		4.30-5.30pm Flex & Stretch with Venus (Sala Free)	<b>BEACH DAY</b> - no evening classes, relax, eat drink and be merry.		4.30-5pm "Closing Goddess' Circle" (Sala Exotic)	
<b>8.30pm GROUP DINNER &amp; DRINKS</b>	7-8.30pm	Evening Walking Tour	<b>FREE EVENING</b>	7pm BEACH POLE PHOTO SHOOT	<b>7.30-9:00pm - YOGA &amp; MEDITATION IN THE PARK</b> (camp will set up yoga mats)	<b>FINAL NIGHT DINNER CELEBRATION</b>	