

THE WEEK AHEAD

SATURDAY 5TH OF JULY

Check-In
"Welcome to MdC"
Dinner
Opening Week Ceremony

SUNDAY 6TH OF JULY

Restorative Stretching and Flexibility
Session with **Will McLaren**

Breakfast

Hike & Cave Breathwork
with **Eduardo Castillo**

Lunch by the Pool

Dinner

'Pages of the Soul': A Workshop
Accompanied by Live Harp Serenade

MONDAY 7TH OF JULY

Workout Session with **Will McLaren**

Breakfast

Cala Saladeta Beach Day

Space for 1:1's

Dinner

TUESDAY 8TH OF JULY

Sunrise Meditation
Workout Session with **Will McLaren**

Breakfast

Lunch

Reclaiming Sensual Intelligence
Workshop with **Audrey Alart**

Dinner

Music as Therapy:
A DJ Set by **Eduardo Castillo**

WEDNESDAY 9TH OF JULY

Movement Class – Grounding Vitality
with **Will McLaren**

Breakfast

Lunch at Jondal

Optimization Gathering with **Guest Speaker**
& **Eduardo Castillo** Live

Midnight Snacks

THURSDAY 10TH OF JULY

Youth Elixir Movement Class
with **Will McLaren**

Breakfast

RoseBar Longevity Treatments

Lunch

Space for 1:1's

Dinner

Outdoor Screening Night

FRIDAY 11TH OF JULY

'Align' Movement Class
with **Will McLaren**

Breakfast

'A Great Morning' Activity by the Pool

Lunch

Integration Workshop

Dinner

SATURDAY 12TH OF JULY

Yoga for Purification &
Emotional Clarity – 'Breath of Compassion'
by **Heather Hearts**

Breakfast

Farewell



The art of living