



Eilat of Heart & Soul

Sunday- Day 1 *Tel Aviv*

Time Activity

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08:30 am Meet at Arlozorov Train station
Orientation
Drive south
Opening session- Mitzpe Ramon

Packed Lunch

Check in to hotel
Opening Yoga at hotel
Dinner at hotel

8:00 pm Free time in Eilat

Monday- Day 2 *Eilat*

Time Activity

6:30 am Hike to Mt Tzfachot, meditation
Free Time
Lunch on you own
Snorkeling at Eilat's Coral Beach
Dinner at hotel
Group Session: Singing with your Soul

8:00 pm Free time in Eilat

Tuesday- Day 3 *Eilat*

Time Activity

8:00 am Jeep Ride
Clay session

Lunch on you own
Free time



Dinner

Group Session: Get Up Stand Up Dancing with your Soul

Surprise night activity

10:00 pm Free Time in Eilat

Wednesday- Day 4 Eilat

Time Activity

9:00am Yoga on the beach/Hotel

Water sports

Lunch on you own

Group Session: Who is Happy?

Visit Lotan an agricultural kibbutz, learn how to be sustainable

Dinner

8:30 pm Free Time in Eilat

Thursday- Day 5 Eilat

Time Activity

8:00 am Lookout

Closing session

Drive north + Lunch stop

18:00 Approximate arrival at Tel Aviv train station

Please note: the itinerary is subject to change depending upon weather conditions