Schedule of Arethoussa Seminar

November 2018

Check in Sunday 4/11/2018 at 12:00 pm

14:00 Lunch.

17:00 Afternoon meal.

18:30 Seminar lesson and practice.

21:00 Dinner.

Monday 5/11/2018

08:00 Breakfast.

11:00 Middle-day meal.

14:00 Lunch.

17:00 Afternoon meal

18:30 Seminar lesson and practice.

21:00 Dinner.

Tuesday 6/11/2018

06:45 Kallisthenean body motion.

08:00 Breakfast.

11:00 Middle-day meal.

12:00 Visit to the Tobacco Museum of Kavala.

14:00 Lunch.

17:00 Afternoon meal.

18:30 Seminar lesson and practice.

21:00 Dinner.

Wednesday 7/11/2018

08:00 Breakfast.

11:00 Middle-day meal.

14:00 Lunch.

17:00 Afternoon meal.

18:30 Seminar lesson and practice.

21:00 Dinner.

Thursday 8/11/2018

06:45 Kallisthenean body motion.

08:00 Breakfast.

11: 00 Middle-day meal.

14:00 Lunch.

17:00 Afternoon meal.

18:30 Seminar lesson and practice.

21:00 Dinner

Friday 9/11/2018

08:00 Breakfast.

11: 00 Middle-day meal.

14:00 Lunch.

17:00 Afternoon meal.

18:30 Seminar lesson and practice.

21:00 Dinner.

Saturday 10/11/2018

06:45 Kallisthenean body motion.

08:00 Breakfast.

11: 00 Middle-day meal.

14:00 Lunch.

17:00 Afternoon meal.

18:30 Seminar lesson and practice.

21:00 Dinner.

Sunday 11/11/2018

08:00 Breakfast.

11: 00 Middle-day meal.

12:00 Check out.