



ESTANCIA VIK JOSÉ IGNACIO

YOGA RETREAT





DAY 1

Arrive at Estancia Vik José Ignacio and take part in a walking tour, where you will learn about the retreat's extensive art collection and unique architecture.

12:00 p.m. - 2:00 p.m.

A light lunch will be served in the main dining room at Estancia Vik.

2:00 p.m. - 5:00 p.m.

Take a mountain bike tour of José Ignacio, where you will also enjoy bird watching, then unwind in the serene South Garden or on the property's polo field.

6:00 p.m. - 8:00 p.m.

A Vinyasa Yoga class with a restorative finish will be offered at Estancia Vik.

9:00 p.m.

Enjoy cocktails and dinner at Playa Vik, followed by interactive group games at Estancia Vik.

DAY 2

Breakfast will be at your leisure.

8:00 a.m. - 9:00 a.m.

Begin the day with a calming group meditation at Estancia Vik.

9:00 a.m. - 11:00 a.m.

Enjoy a Vinyasa Yoga class at Estancia Vik.

12:00 p.m. - 4:00 p.m.

Indulge in a picnic lunch in the open Quartz Field while taking in stunning views of Laguna José Ignacio, Faro José Ignacio and the Atlantic Ocean. After lunch, take a canoe excursion in the Laguna José Ignacio at Estancia Vik.

6:00 p.m. - 8:00 p.m.

Take part in a Vinyasa Yoga class with a restorative finish at Estancia Vik.

9:00 p.m.

Cocktails and dinner will be offered at Bahia Vik, followed by star gazing of the Southern Hemisphere.

DAY 3

Breakfast will be at your leisure.

8:00 a.m. - 9:00 a.m.

A meditation session will be held at The Shack Yoga.

9:00 a.m. - 11:00 a.m.

Take a Vinyasa Yoga class at the Yoga Shack following the meditation.

12:00 p.m. - 2:00 p.m.

Enjoy a cooking class and lunch at La Susana, José Ignacio's chicest ocean front restaurant and beach club.

2:00 p.m. - 5:00 p.m.

Relax at La Susana's beach club on Playa Mansa.

6:00 p.m. - 8:00 p.m.

Bike ride through the open fields, where a Vinyasa Yoga class will be offered.

8:00 p.m.

Dinner will be held in the vaulted brick dining room at Estancia Vik. Evening activities.

DAY 4

Breakfast will be at your leisure.

8:00 a.m. - 9:00 a.m.

Begin the morning with a silent walk followed by a soothing outdoor meditation session.

9:00 a.m. - 11:00 a.m.

A Vinyasa Yoga class will be offered.

12:00 p.m. - 5:00 p.m.

Visit the villages of José Ignacio, Manantiales & La Barra, and enjoy a delicious lunch at O'Farrell's. Spend the remainder of the afternoon relaxing at Playa Vik.

6:00 p.m. - 8:00 p.m.

Take part in a Vinyasa Yoga class with restorative finish at Playa Vik.

9:00 p.m.

One of the celebrated artists featured at Vik Retreats will join the group as a special guest for dinner at Estancia Vik.

Evening activities will be offered at Estancia Vik.



DAY 5

Breakfast will be at your leisure.

8:00 a.m. - 9:00 a.m.

Slowly wake up with relaxation and meditation at Estancia Vik.

9:00 a.m. - 11:00 a.m.

Prepare for the day during a Vinyasa Yoga class at Estancia Vik.

12:00 p.m. - 2:00 p.m.

Enjoy lunch at Estancia Vik.

2:00 p.m.- 5:00 p.m.

Horseback ride or mountain bike along the farm roads to O33 to learn about the olive oil production process, followed by an olive oil tasting.

6:00 p.m. - 8:00 p.m.

Enjoy a Vinyasa Yoga class with restorative finish at Estancia Vik.

8:00 p.m.

Take a trip to a famous restaurant in José Ignacio for dinner. Evening activities.

DAY 6

Breakfast will be at your leisure.

8:00 a.m. - 9:00 a.m.

Begin the day with group meditation at The Shack Yoga.

9:00 a.m. - 11:00 a.m.

A Vinyasa Yoga class will be offered at The Shack Yoga.

12:00 p.m.- 2:00 p.m.

Lunch will be served at Playa Vik.

Enjoy an afternoon massage and reflexology, then spend time at La Susana Beach club and Playa Mansa.

6:00 p.m. - 8:00 p.m.

Wind down with a Vinyasa Yoga class at Playa Vik.

9:00 p.m.

A farewell fish asado BBQ will be held at Estancia Vik.

DAY 7

Breakfast.

Enjoy the day at your leisure.

Check out & departure.

The program includes: 6 nights accommodation at Estancia Vik (Suite). Buffet breakfast. Non alcoholic beverages at Vik Retreats during the stay. All the above activities, including meals with non alcoholic beverages. Access to all services and facilities at Vik Retreats, including: access to the swimming pool, fitness area, ping pong, darts, horseback rides, bikes, canoeing, driving range, gym, tennis courts, bird watching, Wifi, board games. For polo lessons, reflexology and massages extra charges apply. Arrival and departure transfer to Punta del Este airport. Contact us for more information on transfers to Montevideo airport, additional nights and activities or upgrade to Master Suites.

RESERVATIONS:

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