



Detox Holiday Aphrodite Beach

Dates: 25.04.2022 - 03.06.22; 10.09.22 - 10.10.22

A sample day schedule



07:15 AM – 8:00 AM Welcoming the sun, Tibetan breathing exercises, Qi Gong or yoga practices

08:15 AM – 09:15 AM Healthy breakfast at Aphrodite Beach restaurant

09:20 AM – 09:30 AM Group gathering at the reception, preparing for the daily trip


09:30 AM Departure for the daily trips or hikes (a weekly schedule is shown below)

01:00 PM – 02:30 PM Lunch at the Aphrodite Beach Restaurant or at a picnic at picturesque nature site

02:30 PM – 05:00 PM Free time for rest and SPA procedures

05:00 PM – 05:45 PM Detox Tea Time and Snacks at the Aphrodite Beach Restaurant (Tuesdays, Thursdays and Saturdays included presentations on balanced diet, detoxing the body, the power of herbs)

05:45 PM – 07:00 PM Free time for rest and SPA procedures



07:00 PM – 08:00 PM Dinner at Aphrodite Beach Restaurant

08:00 PM – 10:00 PM Bulgarian Folk or Latin dances



Daily Trips – a Sample

Weekly Schedule

Departure at 9:30 am

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Monday

A walk from Kosharitsa to Plazovets neighborhood and TV Tower Edelweis



Tuesday

A walk from Elenite to Emona towards a beautiful wild beach

Wednesday

Medovo – a Bulgarian village close to the seaside, exploring the area and visiting a picturesque chapel



Saturday

From the village of Sini Rid to Dobrovanski gab (the Mushrooms of Dobrovan). They are especially impressive and are declared a natural landmark

Friday

Saint Vlas eco path with 40 stone chapels with icons of Saints along the whole eco-path, making the walk exceptionally interesting and inspiring



Thursday

Pomorie – The Thracian Tomb, also considered a temple, used for mystic rituals, St George Monastery, a walk by the Pomorie Salt Lake

Sunday

Nessebar Old Town walking tour - discover the charm of a city full of history and culture

