

## TENTATIVE PROGRAM

(The program might be changed according to weather conditions and wishes of Footourists)

27 August-10 September 2019

**Footour** together with the **Non-Profit Amaka** organize a unique 2-week green program combining yoga, mindfulness, eco-building and service to the community while enjoying the sea and the sun in the beautiful island of Lefkada and in the coastal village of Paleros situated on the West Coast of Greece overlooking the Ionian sea.

**Eco-building workshop:** The group is going to make an eco-construction guided by a permaculture specialist using natural materials like straw, mud, sand etc. which will be completed by the end of the week. For example a fence, an outdoor bathtub, an oven etc. After 6 days of eco-building, each participant will go home full of new skills and knowledge around natural construction and able to start a project on their own. Parallel to the practical sessions, some hours are going to be dedicated to good examples of eco-building around the world.

On Lefkada, the mornings will start with a **mindfulness practice** aiming at making us conscious of our surroundings and get the energy going into the body followed by healthy breakfast. Afterwards, we will have sessions of eco-building workshop. Our stay on the Island will also allow us free time and parallel activities to enjoy the beautiful beaches and mountains that will be surrounding us.



Sun: 21.00 Welcome Dinner, Group Bonding Activity

Mon: 08.30-09.30 Breakfast  
09.30-13.30 Eco-building Workshop Practice  
13.30-14.30 Light Lunch  
14.30-17.00 Free Time/ Beach Time  
17.00-18.00 Eco-building Workshop Theory and/or Practice  
20.00 Dinner

Tue: 07.30-08.30 Mindfulness Morning  
08.30-09.30 Breakfast  
09.30-10.30 Cultural Walk in the Village on Neohori  
10.30-13.30 Eco-building Workshop Practice  
13.30-14.30 Light Lunch  
14.30-17.00 Free Time/ Beach Time  
17.00-18.00 Eco-building Workshop Theory and/or Practice  
20.00 Dinner

Wed: 07.30-08.30 Mindfulness Morning  
08.30-09.30 Breakfast  
09.30-13.30 Eco-building Workshop Practice  
13.30-14.30 Light Lunch  
14.30-17.00 Free Time/ Beach Time  
17.00-18.00 Eco- building Workshop Theory and/or Practice  
20.00 Wood oven Pizza night - community dinner

Thu: 07.30-08.30 Mindfulness Morning  
08.30-09.30 Breakfast  
09.30-13.30 Eco-building Workshop Practice  
13.30-14.30 Light Lunch  
14.30-17.00 Free Time/ Beach Time  
17.00-18.00 Eco-building Workshop Theory and/or Practice  
20.00 Dinner

Fri: 07.30-08.30 Mindfulness Morning  
08.30-09.30 Breakfast  
09.30-13.30 Eco-building Workshop Practice  
13.30-14.30 Light Lunch  
14.30-17.00 Free Time/ Beach Time  
17.00-18.00 Eco-building Workshop Theory and/or Practice  
20.00 Dinner  
22.00 Movie Night

Sat: 08.30-09.30 Breakfast  
09.30-13.30 Eco-building Workshop Practice  
13.30-14.30 Light Lunch  
14.30-17.00 Free Time/ Beach Time  
17.00-18.00 Eco-building Workshop Theory and/or Practice  
20.00 Farewell Dinner and Party

Sun: 09.30-10.30 Late Breakfast  
11.00-18.00 West Coast of Lefkada, lunch on a tavern by the beach (not  
Included in the contribution fee)  
18.00 Transfer to the sea side  
20.00 Welcome Dinner

Mon: 10.00-11.00 Brunch  
11.00-20.00 Free/ Beach Time  
20.00 Dinner

- Tue: 07.00-10.00 Morning exercise (Yoga and other techniques)  
 10.00-11.00 Brunch  
 11.00-17.00 Free/ Beach Time  
 17.00-20.00 Hiking and Herb Collecting  
 20.00 Dinner
- Wed: 07.00-10.00 Morning exercise (Yoga and other techniques)  
 10.00-11.00 Brunch  
 11.00-17.00 Free/ Beach Time  
 20.00 Traditional Greek Dinner
- Thu: 07.00-10.00 Morning exercise (Yoga and other techniques)  
 10.00-11.00 Brunch  
 11.00-17.00 Free/ Beach Time  
 17.00-20.00 Visit to a local sheep farm, helping with farming tasks  
 20.00 Dinner
- Fri: 07.00-10.00 Morning exercise (Yoga and other techniques)  
 Free day  
 18.00 Free night
- Sat: 10.00-11.00 Brunch  
 11.00-15.00 Beach Cleaning together with the Non-Profit Lefkogaia  
 15.00-20.00 Free/ Beach Time  
 20.00 Dinner to a family Tavern
- Sun: 09.00 Light Breakfast  
 Departure

This trip is designed for those who care about the environment and want to protect it. It is for those who want to enhance their lives, support others in need and leave a positive footprint.

