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|  |  | ***Program from Saturday 3 to Saturday 10 of November 2018*** |   |
|  |  |  |  |
| **Saturday** | **Transfer from** | Departure from Santiago | 8:00 - 13:00 |
|   | **Santiago to Tongoy** | Lunch at Costa Tongoy Restaurant | 13:30 - 15:00 |
|   |   | Arrival at Casa “Noor” | 15:00 - 16:00 |
|   |   | Practice of Yoga | 17:00 - 18:00 |
|   |   | Dinner at Costa Tongoy Restaurant | 20:00 - 21:30 |
| **Sunday** | **Tongoy** | Breakfast | 09:00 - 10:00 |
|   |   | Practice of Yoga | 11:00 - 12:30 |
|   |   | Lunch at Costa Tongoy | 13:30 - 14:30 |
|   |   | Free afternoon – walk on the beach | 15:00 - 18:00 |
|   |   | Practice of Yoga | 18:30 - 19:45 |
|   |   | Dinner at Costa Tongoy Restaurant | 20:00 - 21:30 |
| **Monday** |  | Practice of Yoga | 08:00 - 09:00 |
|   |  | Breakfast | 09:30 - 10:30 |
|   | **Visit to the Maritime High Schoolof Tongoy** | Visit to "Carmen Rodriguez” maritime high school of Tongoy. Aquaponia farm | 11:00 - 13:00 |
|   |  | Lunch at “ Costa Tongoy Restaurant” | 13:30 - 14:30 |
|   | **Boat Trip** | Boat trip around the coastSailing on a boat of 11 meters slength and 3,4metersbeamwithcapacityfor 42 people. This activity has been authorized by the Maritime Government of Tongoy.  | 15:30 - 16:30 |
|   |   | Practice of Yoga | 18:30 - 19:45 |
|   |   | Dinner at Costa Tongoy Restaurant | 20:00 - 21:30 |
|   |   |   |   |
| **Tuesday** |  | Breakfast | 08:00 - 09:00 |
|  | **Visit to Puerto Aldea school** | Visit to Puerto Aldea School | 09:30 - 13:00 |
|  |  | Lunch at Costa Tongoy Restaurant | 13:30 - 14:30 |
|  | **Guided visit to** | Guided visit toTongoy’s Humid Soils | 15:00 - 17:00 |
|  | **Tongoy’s Humid Soils** | Practice of Yoga | 18:30 - 19:45 |
|  |   | Dinner at Costa Tongoy Restaurant | 20:00 - 21:30 |
|  |   |   |   |
| **Wednesday** |   | Practice of Yoga | 08:00 - 09:00 |
|  |  | Breakfast | 10:00 - 11:00 |
|  |  | Lunch at Costa Tongoy Restaurant | 13:00 - 14:30 |
|  | **Guided visit to an** | Guided visit to an oysters farm | 15:30 - 18:00 |
|  | **Oysters farm** | Practice of Yoga | 18:30 - 19:45 |
|  |   | Dinner at Costa Tongoy | 20:00 - 21:30 |
|  |   |   |   |
| **Thursday** |   | Breakfast | 07:30 -0 8:30 |
|  | **Guided walk to Encanto Valley National Monument** | Guided walk to Encanto Valley | 8:45 - 13:30 |
|   |  | Lunch | 14:00 - 15:00 |
|   |  |  |   |
|   |  | Practice of Yoga | 18:30 - 19:45 |
|   |   | Dinner at Costa Tongoy | 20:00 - 21:30 |
|   |   |  |   |
| **Friday** |   | Breakfast | 08:00 - 09:00 |
|  | **Guided visit to National** | Guided visit to National Park Fray Jorge. Lunch at site | 09:30 – 16:30 |
|  | **Park Fray Jorge** |  |   |
|  |  | Practice of Yoga | 18:30 - 19:45 |
|  |   | Dinner at Costa Tongoy | 20:00 - 21:30 |
|  |   |   |   |
| **Saturday** |   | Practice of Yoga | 08:30 - 09:30 |
|   |   | Breakfast | 10:00 - 11:30 |
|   |   | Lunch at Costa Tongoy | 13:00 - 14:30 |
|   |   | Return trip to Santiago | 15:00 - 20:00 |
|   |   |   |   |