



# PROGRAM

## DAY 1

Arrival (Airport Pick Up) &  
Welcome-Dinner

## DAY 2

Power Breakfast  
Work  
Mastermind-Workshop "Remote Work"

## DAY 3

Power Breakfast  
Work  
Beach trip (incl. snorkeling & swimming)

## DAY 4

Pilates with Frank  
Power Breakfast  
Work  
Sightseeing La Laguna  
*Optional\*: Cheese and wine tasting*

## DAY 5

Power Breakfast  
Work  
Cinema Evening  
*Optional\*: Surfing, SUP, diving, climbing*

## DAY 6


Power Breakfast  
Work  
Chiringuito Beach Club with concert  
*Optional\*: Surfing, SUP, diving, climbing*

## DAY 7

Power Breakfast  
Hike in Anaga Mountains

## DAY 8

Goodbye Breakfast  
Airport Shuttle



*Preliminary programme (subject to change). At all points you can,  
but, of course, you don't have to attend.  
\*Prices on request.*