



Your Wellness Week Programme

Here's what we have planned for your week at Casa Pery. Created exclusively for Discerning Collection guests in partnership with Casa Pery, the programme brings together four hours of guided classes, workshops and wellness experiences on each full day, led by English-speaking teachers and practitioners sourced locally and from across Turkey, each skilled and experienced in their respective disciplines.

Every session is included and entirely optional, join us for all four each day, pick and choose your favourites, or simply enjoy the week at your own pace.

The programme below is what we are currently planning to deliver. Occasionally, we may need to adjust a class, activity or timing to ensure everything runs at its best, so please regard the schedule as a guide. Your final programme and confirmed timings will be sent to you a few weeks before departure.

22 April – Arrival Day

23 April

- 07:30–08:30 Sunrise Yoga
- 10:30–11:30 Mat Pilates
- 15:30–16:30 Matcha Ceremony
- 17:00–18:00 Wellness Dance Flow

24 April

- 07:30–08:30 Stretch & Mobility
- 10:30–11:30 Barre

- 15:30–16:30 Ceramics Workshop
- 17:00–18:00 Sunset Yoga

25 April

- 07:30–08:30 Power Yoga
- 10:30–11:30 Mat Barre
- 15:30–16:30 Ice Bath & Breathwork Experience
- 17:00–18:00 Sunset Stretch & Mobility

26 April

- 07:30–08:30 Sunrise Yoga
- 10:30–11:30 Mat Pilates
- 15:30–16:30 Turkish Coffee & Fortune Experience
- 17:00–18:00 Face Yoga

27 April

- 07:30–08:30 Hot Pilates
- 10:30–11:30 Yoga Sculpt
- 15:30–16:30 Natural Skincare Workshop
- 17:00–18:00 Sunset Yoga

28 April

- 07:30–08:30 Stretch & Mobility
- 10:30–11:30 Barre
- 15:30–16:30 Wellness Dance Flow
- 17:00–18:00 Sunset Yoga

29 April – Departure Day