



Yoga & Meditation Retreat - 2023

Donnerstag

- 14:00 Anreise
- 15:00 Opening Circle (60min)
- 16:00 Vinyasa Yoga (90min)
- 18:00 Dinner

Freitag

- 8:00 Vinyasa Yoga (90min)
- 9:30 Meditation (30min)
- 10:00 Brunch
- 16:00 Heilpflanzen Workshop (120min)
- 18:00 Dinner
- 20:00 Yin Yoga & Yoga Nidra (60min)

Samstag

- 8:00 Vinyasa Yoga (90min)
- 9:30 Meditation (30min)
- 10:00 Brunch
- 15:00 Pflanzenkraft & DIY Workshop (60min)
- 16:00 Yoga Workshop (120min)
- 18:00 Dinner

Sonntag

- 8:00 Vinyasa Yoga & Closing Circle (120min)
- 10:00 Brunch
- 12:00 Abreise