

Yoga & Meditation Retreat 2025

Donnerstag

15:00 Opening Circle
16:00 Vinyasa & Meditation
19:30 Yin Yoga

Freitag

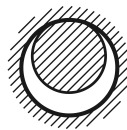
7:45 Journaling
8:00 Vinyasa & Yoga Nidra
15:30 Heilpflanzen & DIY
19:30 Yin Yoga & Meditation

Samstag

7:45 Journaling
8:00 Vinyasa & Meditation
16:00 Yoga Workshop

Sonntag

7:45 Journaling
8:00 Vinyasa & Closing Circle
11:00 Brunch



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