



Yoga & Meditation Retreat - 2019

Donnerstag

15:00 Anreise
16:00 Opening Circle, Yoga & Meditation
18:00 Dinner

Freitag

8:00 Yoga
10:00 Brunch
14:00 Snack
16:00 Workshop zum Thema Selbstliebe & Gesundheit
18:00 Dinner
19:30 Yin Yoga & Meditation

Samstag

8:00 Yoga
10:00 Brunch
14:00 Snack
16:00 Yoga & Meditation Workshop
18:00 Dinner

Sonntag

8:00 Yoga & Closing Circle
12:00 Abreise