



Yoga & Meditation Retreat - 2020

Donnerstag

16:00 Anreise
17:00 Opening Circle
18:00 Dinner
20:00 Yin Yoga & Meditation

Freitag

8:00 Vinyasa Flow Yoga
10:00 Brunch
14:00 Meditation
14:30 Snack
16:00 Workshop
18:00 Dinner
20:00 Yin Yoga & Meditation

Samstag

8:00 Vinyasa Flow Yoga
10:00 Brunch
14:00 Meditation
14:30 Snack
16:00 Yoga & Meditation Workshop
18:00 Dinner

Sonntag

8:00 Vinyasa Flow Yoga & Closing Circle
10:30 Brunch
12:00 Abreise