

# PROGRAMME

## DAY 1 • THURSDAY

- 15:00 | check-in
- 16:30 – 17:30 | Yoga Welcome Lesson, Vinyasa Flow
- 19:00 | Dinner 3-Course Menu

## DAY 2 • FRIDAY

- 08:00 | Grab a coffee or tea
- 08:00 – 09:30 | Strength & Upside down
- Breakfast and Free Time
- 16:30 – 18.00 | Gentle Flow + Meditation
- 19:00 | TAPAS Dinner inklusive Welcome Drink and Dessert

A LOT OF YOGA  
AND FUN!



## DAY 3 • SATURDAY

- 08:00 | Grab a coffee or tea
- 08:30 – 10:00 | Intro Armbalances
- Breakfast and Free Time
- 14:30 – 15:45 | Strong Functional Flow

### *Optional*

- 17:00 | Wine Tasting
- Dinner free choice

## DAY 4 • SUNDAY

- 08:00 | Grab a coffee or tea
- 08:30 – 10:00 | Vinyasa Flow + Pranayama
- Breakfast
- 11:00 check out, but you can still enjoy your breakfast, the Hotel or finish with some Hiking