

PROGRAMME

DAY 1 • THURSDAY

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

DAY 2 • FRIDAY

- 08:00 | Grab a coffee or tea
- 08:30 – 09:30 | Morning Flow
- Breakfast and Free Time
- 16:30 – 18:00 | Vinyasa Flow + Pranayama
- 19:00 | TAPAS Dinner inklusive Welcome Drink and Dessert

8 HOURS OF
YOGA AND
TONS OF FUN!



DAY 3 • SATURDAY

- 08:00 | Grab a coffee or tea
- 08:30 – 10:00 | Morning Flow
- Breakfast and Free Time
- 14:30 – 15:30 | Vinyasa Flow

Optional

- 17:00 | Wine Tasting with.....
- Dinner free choice

DAY 4 • SUNDAY

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