

AUGUST HIGHLIGHT

OPENING DAYS & CO-CREATION

DO
08

8-08:30 OPENING & PRANAYAMA PLAY
8:30-10 LED CLASS 2. SERIE
10-11:00 YOGI-NETWORK (WIESE, WALD)

14-15:00 LEICHTIGKEIT IN AUGEN & KIEFER
15-16:30 KRÄUTERWANDERUNG (FROUZAN)
16:30-18 VISIONBOARD (BARBARA)

FR
09

8:00-08:30 WAKE UP MORNING PLAY
8:30-10:30 ASHTANGA MYSORE STYLE
10:30-11:00 YOGI-NETWORK (WIESE, WALD)

14-15 WEG ZUR MITTE IM LABYRINTH (URSULA)
15:30 KACAOZEREMONIE & KIRTAN (RAHEL)
17:30 YIN YOGA & HARMONIUM (SANDRA)

SA
10

08:00 GEFÜHRTE MEDITATION (BARBARA)
08:30 MYSORE STYLE RAHEL & BARBARA
10:30 YOGI-NETWORK (WIESE, WALD)

14:00 CALESTHENICS PLAY (LAKSHMANA)
15:15 ANANDAMANDALA MEDI (SHIRIN)
17:00 MANTRASINGEN MIT SEELENKLANG
18:30 AUSKLANG

SO
11

08-08:30 MORNING PLAY
08:30-10 LED CLASS 1. SERIE JEANNINE
10:00 -11 YOGI-NETWORK (WIESE, WALD)

14-15:30 BREATHWORK SESSION (JEANNINE)
15:45 YOGA MIT DEM STAB (PATRIZIA)
17:00 CLOSING CIRCLE

DO-SO
8-11

11-12:30 MITTAGSBRUNCH YOGIFOOD "MÜHLE"
12:30-14 SIESTA, SPAZIERGANG, BADEN IM SEE

AUGUST
OPENING DAYS & CO-CREATION

BOOK NOW

DO

08

DAY TICKET

55 - 70 €/CHF

FR & SO

09

DAY TICKET

60 - 80 €/CHF

SA

10

DAY TICKET

70 - 90 €/CHF

MO-SO

8-11

ALL DAYS TICKET

260 - 280 €/CHF

EARY BIRD: 250,- (31.05)

ANMELDUNG



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