

A G E N D A

OPENING DAYS & CO-CREATION

DO
08

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

14-15:00 INSPIRATIONSSTUNDE ALL LEVEL
15-16:30 KRÄUTERWANDERUNG (FROUZAN)
16:30-18 VISIONBOARD (BARBARA)

FR
09

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

14-15 WEG ZUR MITTE IM LABYRINTH (URSULA)
15:30 KACAOZEREMONIE & KIRTAN (RAHEL)
18:30 ENDE

SA
10

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

14:00 CALESTHENICS PLAY ALL LEVEL
15:15 ANANDAMANDALA MEDI (SHIRIN)
17:00 MANTRASINGEN MIT SEELENKLANG
18:30 ENDE

SO
11

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

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

DO-SO 11-12:30 MITTAGSBRUNCH YOGIFOOD "ALTE MÜHLE"
12:00-14 SIESTA, WALDSPAZIERGANG, BADEN IM SEE

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)