

Programm

Friday

17.00 – 18.00: Arrive and get comfortable

18.00 – 19.30: Dinner

20.00 – 21.30: Yoga

22.00 – Silent hours

Saturday

08.00 – 08.30: Meditation

08.30 – 10.00: Yoga

10.00 – 11.30: Brunch

11.30 – 16.00: free time - hike, ski, rest, play, talk,
jam, ...

16.00 – 18.00: AcroYoga

18.00 – 19.30: Dinner

19.30 – 22.00: free time – rest, play, talk, jam, ...

22.00 – Silent hours

Sunday

08.00 – 08.30: Meditation

08.30 – 10.00: Yoga

10.00 – 11.30: Brunch

12.00 – 14.00: AcroYoga

15.00 – Departures