

# Wochenprogramm/ Weekly program

Montag/Monday	07.00 – 08.30 17.30 – 18.30	Sattva-Yoga Yoga Nidra
Dienstag/Tuesday	07.00 – 08.30 14.00 – 14.30  14.30 – 15.30	Hatha-Yoga Einführung Waldbaden/ Introduction Forest Bathing Ort/Location: Restaurant  Kochkurs/Cooking Workshop Ort/Location: Restaurant
Mittwoch/Wednesday	07.00 – 08.30 17.30 – 18.30	Hatha-Yoga Yoga Nidra
Donnerstag/Thursday	07.00 – 08.30 14.00 – 15.00  15.30 – 16.30	Hatha-Yoga Vortrag: Ayurveda Basiswissen/ Lecture: Ayurveda Basics Ort/Location: Lounge  Open Consultation Ort/Location: Arztpraxis/Doctors office
Freitag/Friday	07.00 – 08.30 17.30 – 19.00	Sattva-Yoga Yoga Surya Namaskara + Meditation
Samstag/Saturday	07.00 – 08.30 14.00 – 15.00	Sattva-Yoga Vortrag: Ayurvedischer Ernährung/ Lecture: Ayurveda Nutrition Ort/Location: Lounge
Sonntag/Sunday	07.00 – 08.30 18.00 – 18.30	Yin-Yoga Meditation



\* Alle Yoga- und Meditationskurse finden im Yoga-Raum statt/All Yoga and Meditation classes will take place in the Yoga room

\*\* Alle Änderungen unter Vorbehalt/Plan subject to change