

21. Oktober	22. Oktober	23. Oktober	24. Oktober
	7:30 - 8:00 Mindful Meditation	7:30 - 8:00 Pure Breath & Morning Glow	8:00 - 8:30 Meditation & Atmung
Check In ab 14 Uhr	8:00 - 9:30 Awakening Morning Flow	8:00 - 9:30 Energy Elixir Yoga	8:30 - 9:30 Full Body Sweetness & Retreat Closing
16:00 - 16:30 Retreat Opening	Ab 9:30 Genuss Brunch & Wellness	Ab 9:30 Genuss Brunch & Wellness	Ab 9:30 Genuss Brunch & Wellness
16:30 - 18:00 Detoxifying Twists Flow	17:00 - 18:30 Mobility Flow & Rückenyoga	17:00 - 18:30 Deep Stretch & Relax	Check-Out um 11 Uhr