FREITAG

Ab ca. 15:00/15:30 Uhr Ankunft & beziehen der Zimmer

17:00-18:00 Gemeinsame Eröffnung des Retreats

18:15 Abendessen

20:00-21:00 Yin Restorative Yoga & Yoga Nidra

SAMSTAG

8:00-9:00 Pranayama & Meditation

9:00 Frühstück

11:00-12:45 Yin Yoga

13:00 Mittagessen

16:00-18:00 Yin Yoga

18:15 Abendessen

20:00-21:00 Yin Restorative Yoga

SONNTAG

8:00-9:00 Pranayama & Meditation

9:00 Frühstück

11:00-12:45 Yin Yoga

13:00 Mittagessen

14:00-15:30 Yin Yoga & Retreatabschluss

„Going on retreat is a time to cocoon so that we may emerge ready to return to our lives with a new perspective.

Occasionally, we need to pause - and step away from the hustle and bustle of modern life. One way to do this is to get away from our daily life and go on retreat. Far more than a vacation, a retreat offers us time to ourselves to rest, heal, reflect, and renew our spirit. It is a time to cocoon so that we may emerge renewed, refreshed, and ready to return to our everyday lives with a new perspective.

A retreat gives us time for uninterrupted meditation so that we may go deep within and spend time with ourselves.“