

## Full Schedule

19.02.

14:00h Arrival & Welcome Session  
17:00h Yin Yoga  
18:00h Dinner & Sharing Circle

20.02.

7:00h Hatha Flow & Meditation  
9:00h Breakfast  
11:00h Meditation Workshop & Satsang  
13:00h Lunch  
16:30h Yin Yoga & Yoga Nidra  
18:00h Dinner & Sharing Circle  
19:30h New Moon Celebration

21.02.

7:00h Yoga, Chakra Breathing & Self Inquiry  
9:00h Breakfast  
10:00h Inner Critic - Limiting Beliefs Session  
13:00h Lunch  
16:00h Relationship Hooks  
17:00h Impulse Dance  
18:00h Dinner & Sharing Circle

22.02.

7:00h Hatha Yoga & Meditation  
9:00h Breakfast  
Free time for beach or waterfall  
13:00h Lunch  
17:00 Yin Yoga  
18:00h Dinner & Sharing Circle  
20:00h Sound Journey

23.02.

7:00h Chakra Breathing & Meditation  
9:00h Breakfast  
13:00h Light Lunch  
15:00h Qi Gong  
15:30h Cacao Ceremony & Kirtan  
18:00h Dinner & Sharing Circle

24.02.

7:00h Gentle Flow Yoga & Meditation  
9:00h Breakfast  
11:00h Ayurveda & Gunas Workshop  
13:00h Lunch  
16:30h Ho'oponopono & Yin Yoga  
18:00h Dinner  
19:00h Closing Ceremony

25.02.

7:00h Hatha Flow & Meditation  
9:00h Breakfast & Sharing Circle  
11:00h Check-out

Schedule is subject to change & depending on need of group some workshops & classes may be switched around