

Day 1

13h Check-in  
14:30h Welcome & Introduction  
15:30h First Lesson  
17:15h Yoga  
19:00h Dinner

Day 2 - 6

6:30h Morning Practice  
8:30h Breakfast  
9:30h Lesson  
12:30h Lunch & Break  
14:30h Lesson incl. Short Break  
17:15h Evening Practice  
19:00h Dinner

7. Day

6:30h Morning Practice/Exam  
9:00h Breakfast  
10:00h Last Lesson & Goodbye Ceremony  
14:00 Snack & Checkout