

Thank God It's Yoga

A healthy lifestyle

SATURDAY

SUNDAY

Nature
Paradise

Circle
of life

Gathering
Tree

SPECIALS :
- Massage
- Chiropractic
- Aerial yoga
Larissa

Nature
Paradise

Circle of
life

Gathering
Tree

Startup Meditation
11:00 - 11:45

Startup Meditation
11:00 - 11:45

Opening Ceremony
12:00- 12:20

Pranayama Flow
Fi & Iris
12:30 - 13:30

Yoga Therapy
Lana & Nurl
12:30 - 13:30

Pranayama Flow
Fi & Benjamin
12:30 - 13:30

Yin Yang Yoga
Lana & Esther
12:30 - 13:30

Bootcamp
Ivana & Iris
14:00 - 15:00

Vinyasa
Esther & Fi
14:00 - 15:00

Yoga 5-10jr
Nurl & Esther
14:00- 14:45 *Kids*

Ashtanga
Ivana & Iris
14:00 - 15:00

Yin
Omayma & Esther
14:00 - 15:00

Yoga 5-10jr
Nurl & Fi
14:00- 14:45 *Kids*

Vinyasa
Iris & Esther
15:30 - 16:30

Yin
Omayma & Lana
15:30 - 16:30

Yoga + parents 2-5jr
Fi & Benjamin
15:30 - 16:15 *Kids*

Dragon Yoga
Iris & Ivana
15:30 - 16:30

Yoga Therapy
Lana & Nurl
15:30 - 16:30

Yoga + parents 2-5jr
Fi & Benjamin
15:30 - 16:15 *Kids*

Yin
Omayma & Lana
17:00 - 18:00

Acroyoga
Marco & Fi
17:00 - 18:00

Yoga Filosofie
Nurl
17:00 - 17:45

Gentle Hatha
Benjamin & Lanal
17:00 - 18:00

Power
Esther & Nurl
17:00 - 18:00

Dragon unicorn yoga
Iris & Esther
17:00 - 17:45

Sunset Flow
Benjamin & Ivana
18:30 - 19:30

Power
Esther & Larissa
18:30 - 19:30

Bootcamp Yoga
Ivana & Fi
18:30 - 19:30

Acroyoga
Marco & Larissa
18:30 - 19:30

**Full Moon
Intro**
20:30 - 21:00

Closing Ceremonie
19:45 - 20:15

**Glow in the
dark Full Moon
Party**
21:00 - 01:00

10:30 - 11:00
11:30 - 12:00
12:30 - 13:00
13:30 - 14:00
14:30 - 15:00
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21:30 - 22:00
22:30 - 23:00
23:30 - 24:00
00:30 - 01:00

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22:30 - 23:00
23:30 - 24:00
00:30 - 01:00