

TID (TIME)

AKTIVITET (ACTIVITY)

Tis (Tue) 22/7

16:30 -
17.00
18.15 - 19.30
19.45 - 21.00

Incheckning (Check in)
Välkommen (Welcome)
Middag (Dinner)
Kvällsprogram (Evening Program)

Ons (Wed) 23/7 & Fre (Fri) 25/7

07.00 - 08.00
08.00 - 08.45
10.00 - 12.00
12.30 - 13.30
16:00 - 18.00
18.15 - 19.15
20.00 -

Mjuka rörelser/gentle movement, pranayama, meditation & kriya
Frukost (Breakfast)
Yoga
Lunch
Yoga
Middag (Dinner)
Bastubad (Sauna)

Tor (Thu) 24/7 & Lör (Sat) 26/7

07.00 - 08.00
08.00 - 08.45
10.00 - 12.00
12.30 - 13.30
16:00 - 18.00
18.15 - 19.15
20.00 -

Mjuka rörelser/gentle movement, pranayama, meditation & kriya
Frukost (Breakfast)
Yoga
Lunch
Yoga
Middag (Dinner)
Kirtan Lör (Sat) 26/7

Sön (Sun) 27/7

07.00 - 08.00
08.00 - 08.45
10.00 - 12.00
12.30 - 14.00

Mjuka rörelser/gentle movement, pranayama, meditation & kriya
Frukost (Breakfast)
Yoga
Lunch

