

TID (TIME)

AKTIVITET (ACTIVITY)

**Tis (Tue) 21/7**

16:30 -

17.00

18.15 - 19.30

19.45 - 21.00

Incheckning (Check in)

Välkommen (Welcome)

Middag (Dinner)

Kvällsprogram (Evening Program)

**Ons (Wed) 22/7 & Fre (Fri) 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 (Friday: Vinyasa Flow & Yin yoga with Madeleine)

Middag (Dinner)

Bastubad (Sauna)

**Tor (Thu) 23/7 & Lör (Sat) 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)

Kirtan Lör (Sat) 26/7

**Sön (Sun) 26/7**

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

