

Program Yogaresa Kreta

September/Oktober 2024

Lördag:

17.00 - 18.00 Yoga "Feet on Crete"
18.45 - 19.30 Mingel & välkomstmöte Sthlm & Cph*
19.15 Middag **

Söndag :

07.00 – 07.50 Morgonyoga "Tune in to Body and Mind"
8.00 - 9.30 Frukost **
09.15 Välkomstmöte Göteborg *
10.00 – 10.55 "Hatha Yoga Basic"
11.15 – 12.15 Promenad i olivlundarna
15.30 – 16.45 Workshop "Sun Salutation"
18.30 Mingel *
19.00 Middag **

Måndag:

07.00 – 07.50 Morgonyoga "Tune in to Body and Mind"
8.00 - 9.30 Frukost **
10.00 – 10.45 Workshop "Basic Poses"
10.50 – 11.50 Vinyasa Yoga
15.30 - 16.45 Yin Yoga
18.30 Mingel *
19.00 Middag **

Tisdag:

07.00 – 07.50 Morgonyoga "Tune in to Body and Mind"
8.00 - 9.30 Frukost **
10.00 – 10.55 Workshop "Mobility Therapy"
11.05 – 11.50 Freepower
15.00 – 16.15 Workshop "Pranayama Breath Work"
18.30 Mingel *
19.00 Middag **
20.30 - 21.15 Kvällsritual "Intention"

Onsdag:

07.00 – 07.50 Morgonyoga "Tune in to Body and Mind"
8.00 - 9.30 Frukost **
10.00 – 10.45 Workshop "Fascia Stretch"
10.50 - 11.50 Hatha Yoga "Classic"
Ledig eftermiddag (kanske ett besök till Chania?)
18.30 Mingel *
19.00 Middag **

Torsdag:

07.00 – 07.50 Morgonyoga "Tune in to Body and Mind"
8.00 - 9.30 Frukost **
10.00 – 10.45 Workshop "Chakra"
10.50 - 11.50 Vinyasa Yoga
15.30 – 16.25 Les Mills "Body Balance"
16.25 - 16.45 Guidad meditation
18.30 - 19.15 Vinprovning - *Bokas ******
19.30 Middag **

Fredag:

07.00 – 07.50 Morgonyoga "Tune in to Body and Mind"
8.00 - 9.30 Frukost **
10.00 – 11.00 Paryoga "Double Up"
11.10 - 12.00 Workshop "Arm Balances and Inversions"
15.00 – 15:30 Afro Power Dance
15.30 - 16.45 Yin Yoga "Move into your Hips"
18.30 Avslutning ***
19.00 Avslutningsmiddag **

Lördag:

07.00 – 07.50 Morgonyoga "Feet still on Crete" (för vilka?)

* Terrassen utanför entréloungen
** Restaurangen

*** *Konferensrum*

**** *Sea Line*