



Hotel Jakarta****, Amsterdam, The Netherlands

3-DAY YOGAWEEKEND

DAY OF ARRIVAL

- 15:00 Check-in at the hotel
- 17:00 Welcome and introduction
- 17:30 – 19:00 Yoga workshop
- 19:30 Dinner

DAY TWO

- 08:00 – 09:30 Yoga workshop
- 09:30 Breakfast
- 10:00 Afternoon for your own leisure
- 17:00 – 18:30 Yoga workshop
- 19:00 Dinner at your own leisure

DAY OF DEPARTURE

- 08:30 – 10:00 Yoga workshop
- 10:00 Breakfast
- 12:00 Check-out

The type of yoga given during the weekend depends on the yoga instructor that guides the weekend. Novices and experts are both very welcome. Our instructors will review who is at what level and respond accordingly.

The program is subject to availability, price and changes and manifest errors, no rights can be derived from them.