



Thermen Bad Nieuweschans****, Bad Nieuweschans, The Netherlands

YOGA, WELLNESS, & MINERAL BATHS

DAY OF ARRIVAL

- 15:00 Check-in
- 18:00 Welcome and Introduction
- 18:30 – 19:30 Yogaworkshop
- 19:45 Dinner

DAY TWO

- 08:00 – 09:30 Yogaworkshop
- 09:30 Breakfast
- 15:30 – 17:00 Yogaworkshop
- Dinner at your own leisure

DAY OF DEPARTURE

- 08:30 – 10:00 Yogaworkshop
- 10:00 Breakfast
- 11:00 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.