



Badhotel Domburg****, Domburg, The Netherlands

MINDFULNESS MEDITATION AT SEA

DAY OF ARRIVAL

- 15:00 Check-in
- 17:30 Welcome and Introduction
- 18:00 – 18:30 Soft Yoga exercise
- 19:00 – 19:30 Mindfulness Meditation workshop
- 19:45 Dinner at your own leisure

DAY TWO

- 08:00 – 09:30 Silent hike dunes/beach
- 09:30 Breakfast
- 17:00 – 17:30 Soft Yoga exercise
- 17:30 – 18:30 Mindfulness Meditation workshop
- 19:00 Dinner

DAY OF DEPARTURE

- 08:30 – 09:00 Sun salutation on the beach
- 09:00 – 10:00 Mindfulness Meditation 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.