



Landgoed de Wilmersberg****, De Lutte, The Netherlands

TAI CHI AND MEDITATION WEEKEND WITH MIGUEL

DAY OF ARRIVAL

- 15:00 Check-in at the hotel
- 17:00 Welcome and introduction
- 18:30 Dinner
- 20:30 – 21:00 Meditation and relaxation session

DAY TWO

- 08:00 Breakfast
- 10:30 – 12:00 Tai Chi
- 12:00 Afternoon for your own leisure
- 16:00 – 17:30 Tai Chi
- 18:30 Dinner at your own leisure
- 20:30 – 21:00 Meditation and relaxation session

DAY OF DEPARTURE

- 08:00 Breakfast
- 10:00 – 11:00 Tai Chi
- 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.