



Hotel de Zeeuwse Stromen\*\*\*\*, Renesse, The Netherlands

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# DECEMBER YOGARETREAT WITH ELS

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## DAY OF ARRIVAL

- o 15:00 Check-in at the hotel
- o 17:00 Welcome and introduction
- o 17:30 – 19:00 Yoga workshop
- o 19:30 Two course vegan dinner excluding drinks

## DAY TWO

- o 08:30 – 10:00 Yoga workshop
- o 10:00 Breakfast
- o 11:00 – 12:00 Silent walk
- o 17:00 – 18:30 Yoga workshop
- o 19:00 Two course vegan dinner excluding drinks

## DAY THREE

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

## DAY OF DEPARTURE

- o 08:30 – 10:00 Yoga workshop
- o 10:00 Breakfast
- o 13:00 Check-out

The type of yoga that is given depends on which yoga teacher guides the weekend. However, both beginners and advanced are very welcome. Our teachers look at the level of the participants and will respond to it.

The program is subject to availability, changes and obvious mistakes, no rights can be derived from this.