



Boshotel Vlodrop****, Vlodrop, The Netherlands

YOGA AND WALKING

DAY OF ARRIVAL

- 14:00 Check-in at the hotel
- 17:00 Welcome and introduction
- 18:00 – 19:00 Yoga Hip opening series & twists
- 19:30 Dinner

DAY TWO

- 08:00 – 09:00 Breakfast
- 09:30 Yoga hip-series
- 10:00 – 14:00* Nature walk with 2 breaks and packed lunch
- 14:00 Afternoon for your own leisure
- 19:00 Dinner at your own leisure

DAY OF DEPARTURE

- 09:00 – 10:00 Yoga Relax & Stretch
- 10:00 Breakfast
- 12:00 Check-out

**Depending on the weather, times may be adjusted*

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.