



Boshotel Vlodrop\*\*\*\*, Vlodrop, The Netherlands

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## 3-DAY YOGAWEEKEND

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### DAY OF ARRIVAL

- o 14:00 Check-in at the hotel
- o 17:00 Welcome and introduction
- o 17:45 – 19:15 Yogaworkshop
- o 19:30 Dinner

### DAY TWO

- o 08:00 – 09:30 Yogaworkshop
- o 09:30 Breakfast
- o 10:00 Afternoon for your own leisure
- o 17:00 – 18:30 Yogaworkshop
- o 19:00 Dinner at your own leisure

### DAY OF DEPARTURE

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