



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

FALL CHAKRA YOGA RETREAT

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 meal excluding drinks

DAY TWO

- o 08:00 – 08:30 Sun salutation on the beach
- o 08:30 – 09:30 Meditation workshop
- o 10:00 Breakfast
- o 17:00 – 18:30 Yoga workshop
- o 19:00 Two course meal excluding drinks

DAY THREE

- o 08:00 – 09:30 Heart walk
- o 10:00 Breakfast
- o 17:00 – 18:30 Yoga workshop
- o 19:00 Dinner for your own leisure

DAY OF DEPARTURE

- o 08:00 – 08:30 Sun salutation on the beach
- o 08:30 – 09:30 Breathing 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.