

SONNE-YOGA-DAYS

16.03.-
21.03.2025

SUNDAY, MARCH 16:

- Individual arrival / check-in possible from 2:00 pm
- 5:00 pm: yoga welcome session with Maria
- Dinner

MONDAY, MARCH 17:

- 7:30 am: morning yoga session with Leni, followed by breakfast
- day at your leisure
- 6:00 pm: sound session with Leni
- Dinner

TUESDAY, MARCH 18:

- 7:30 am: morning yoga session with Leni, followed by breakfast
- Guided hike with Katja
- 4:30 pm: sound session with Leni
- Dinner

WEDNESDAY, MARCH 19:

- 7:30 am: morning yoga session with Leni, followed by breakfast
- Day at your leisure
- 5:00 pm: yoga with Maria
- Dinner
- 8:30 pm: sound session with Leni

THURSDAY, MARCH 20:

- 7:30 am: morning yoga session with Leni, followed by breakfast
- Guided ski day with Marie
- 6:00 pm: yoga with Maria
- Dinner

FRIDAY, MARCH 21:

- 7:30 am: final yoga session with Leni, followed by breakfast
- Individual departure