

Retreatprogram - Relaxation

Sunday	Monday	Tuesday	Wednesday
	Yoga 8h Body Mind Soul	Yoga 8h Body Mind Soul	Sunrise Yoga Body Mind Soul
	Brunch 9.30h	Brunch 9.30h	Brunch 9.30h
	Coaching 11h Life-Balance	Coaching 11h Resources	Coaching 11h Vitality & Joy Retreat Closing
	Free time schedule from 12h enjoy the nature walks along the beautiful 'bisse' Personal Coaching Massage Emmett- therapy individual Wellness Spa	Free time schedule from 12h enjoy the nature walks along the beautiful 'bisse' Personal Coaching Massage Emmett- therapy individual Wellness Spa	Free time/Departure Personal Coaching
Welcome drink 16h & first meeting	Yoga 17h Meridian- Stretching	Yoga 17h Chakras	
Dinner	Dinner	Dinner	
Breathing-Flow 20h Relaxation	Meditation 20h Energy-Flow Relaxation	Meeting 20h Heart-Meditation Way of healing	

Weeks:

May/June

29.05-01.06.2022

05.06-08.06.2022

12.06-15.06.2022

September

04.09-07.09.2022

11.09-14.09.2022

18.09-21.09.2022

October

02.10-05.10.2022