

body @ soul

Beckenbodenzentrum Retreat 1.-5. März 2010 (Reisezeit 28.2.-6.3.)					
Zeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
8:30-9:15	wake up yoga	wake up yoga	wake up yoga	wake up yoga	wake up yoga
11:00-13:00	Sexercises	Sexercises	Sexercises	Sexercises	Sexercises
16:00-17:30		Pilates		Pilates	
16:00-18:00	The Essence of Yoga		Back Care Yoga		Candle Light Yoga
19:00-20:00	Meditation/Relax	Meditation/Relax	Meditation/Relax	Meditation/Relax	Meditation/Relax

Beckenbodenzentrum Retreat 2.-4. April 2010 (Reisezeit 1.-5. April)			
Zeit	Freitag	Samstag	Sonntag
8:30-9:30	Wake Up Yoga	Wake Up Yoga	Wake Up Yoga
11:00-13:00	Sexercises – Beckenboden flow	Sexercises – Beckenboden flow	Sexercises – Beckenboden flow
16:00-17:00	Vinyasa Yoga	Just Yoga	Surprise Yoga

Beckenbodenzentrum Retreat `Yoga Special` 27. September bis 1. Oktober 2010 (Reisezeit 26.9.-2.10.)					
Zeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
8:00-9:00	wake up yoga	wake up yoga	wake up yoga	wake up yoga	wake up yoga
11:00-13:00	Sexercises	Sexercises	Sexercises	Sexercises	Sexercises
16:00-18:00	The Essence of Yoga	Intensive Yoga	Back Care Yoga	Yoga Stretch & Relax	Candle Light Yoga
19:00-20:00	Meditation/Relax	Meditation/Relax	Meditation/Relax	Meditation/Relax	Meditation/Relax