

Seminar schedule Yoga & Ayurveda August 20-23, 2020

Thursday, 20.8. 2.30 p.m. arrival and tea reception
5 p.m. Yoga practice
7.00 p.m. Ayurvedic dinner together
8.30 p.m. Yoga and Yoga Nidra

Friday, 21.8. 7 a.m. Yoga & Meditation
9.00 a.m. Ayurvedic breakfast buffet
11 a.m. Karma Yoga! Common meal preparation. Cooking class included.
1.00 p.m. Ayurvedic lunch

Time at your own disposal with the possibility to book a Reiki session with Peter

5.30 p.m. Yoga & Meditation
7.00 p.m. Ayurvedic dinner together
8.30 p.m. Talk and Satsang "Practical Ayurveda tips for everyday life" with small guided meditation to end

Saturday, 22.8. 7 a.m. Yoga & Meditation
9:00 a.m. breakfast buffet
11:00 a.m. Karma yoga! Cooking class included. Common meal preparation.
1.00 p.m. Ayurvedic lunch

Time at your own disposal and another opportunity to enjoy a Reiki session from Peter!

5.30 p.m. Yoga & Yoga Nidra
7:00 p.m. Dinner
8.30 p.m. Talk and Satsang with Peter

Sunday, 23.8. 7:00 a.m. Yoga & Meditation
09.15 a.m. Ayurvedic breakfast buffet
11.30 a.m. Yoga practice, final Meditation
2:00 p.m. End of the event

*** For people who like to start the day with refreshment, tea and a small snack are available from 6:30 a.m. on!