

## Zeitplan Yogawochenende in Dahme

|                |                                                           |           |
|----------------|-----------------------------------------------------------|-----------|
| <b>Freitag</b> |                                                           |           |
| 17.30h         | Begrüßung<br>Kennlernrunde                                |           |
| 18.00h         | Buffet                                                    |           |
| 19.00h- 21.00h | Yoga zum<br>Ankommen                                      | 2 Std     |
|                |                                                           |           |
| <b>Samstag</b> |                                                           |           |
| 7.30h- 9.30h   | Yoga,<br>Schwerpunkt<br>Schulter/ Nacken/<br>Arme etc.    | 2 Std.    |
|                |                                                           |           |
| 9.30h-10.30h   | Buffet                                                    |           |
| Pause          |                                                           |           |
| 15.00h-16.00h  | Kaffee/ Waffeln &<br>Yoga-Theorie                         |           |
| 16.00h-18.00h  | Thai Yoga<br>Massage-<br>Anleitung                        | 2 Std.    |
| 18.00h         | Buffet                                                    |           |
| 19.00-21.00h   | Yoga zum<br>Tagesausklang/<br>Schwerpunkt<br>Hüfte/ Beine | 2 Std.    |
| <b>Sonntag</b> |                                                           |           |
| 8.00h- 9.30h   | Yoga                                                      | 1.30 Std. |
| 9.30h          | Buffet                                                    |           |
| Abschied       |                                                           |           |
|                |                                                           |           |