

Wochenprogramm/ Weekly program

Montag/Monday	07.00 – 08.30 17.30 – 18.30	Yoga Yoga Nidra
Dienstag/Tuesday	07.30 – 08.30 14.00 – 15.00 17.00 – 18.00	Qi-Gong Ayurveda Workshop (in German) Ort/Location: Lounge Kochkurs/Cooking Workshop Ort/Location: Restaurant
Mittwoch/Wednesday	07.30 – 08.30 17.30 – 18.30	Qi-Gong Yoga Nidra
Donnerstag/Thursday	07.30 – 08.30 16.00 – 18.00 18.00 – 19.00	Qi-Gong Open Consultation – Dr. Subha Ort/Location: Büro/Office Dr. Subha Ernährungs-/ Nutritional Workshop (in English) Ort/Location: Yoga Room
Freitag/Friday	07.00 – 08.30 17.30 – 19.00	Yoga Yoga Surya Namaskara + Meditation
Samstag/Saturday	07.00 – 08.30 14.00 – 15.00	Yoga Ayurveda Workshop (in English) Ort/Location: Yoga Room
Sonntag/Sunday	07.00 – 08.30 18.00 – 18.30	Yoga Meditation



* Alle Yoga-, QiGong- und Meditationskurse finden im Yoga-Raum statt
/All Yoga, QiGong and Meditation classes will take place in the Yoga room

** Alle Änderungen unter Vorbehalt/Plan subject to change