

### **Retreat Highlights**

- Seminary program with Vinyasa Yoga and Oneness Awakening course
- Meditations
- Sound Bath
- Silent walk

Yoga level: all levels

Yoga styles: Vinyasa Flow and Yin Yoga

### **Program:**

Tuesday 2<sup>nd</sup> June

- ☐ New arrivals
- ☐ 16.00 Meet Elisabetta & Christine. Presentation of the program
- ☐ 17.00 - 18.30: Gentle yoga

Wednesday 3<sup>rd</sup> June

- ☐ 09.00 - 10.30: Liquid Vinyasa Yoga - Annamaya Kosha
- ☐ 11.00: Silent walk (1 hour)
- ☐ Time for yourself
- ☐ 16.00 - 17.30: 1st step Oneness Awakening Course

Thursday 4<sup>th</sup> June

- ☐ 09.00 - 10.30: Liquid Vinyasa Yoga – Pranamaya Kosha
- ☐ 11.00: Mandala
- ☐ Time for yourself
- ☐ 16.00 - 17.30: 2nd and 3<sup>rd</sup> step Oneness Awakening Course

Friday 5<sup>th</sup> June

- ☐ 09.00 - 10.30: Liquid Vinyasa Yoga – Manomaya Kosha
- ☐ Time for yourself
- ☐ 16.00 - 17.30: 4<sup>th</sup> step Oneness Awakening Course

Saturday 6<sup>th</sup> June

- ☐ 09.00 - 10.30: Liquid Vinyasa Yoga – Vijnanamaya Kosha
- ☐ Time for yourself
- ☐ 16.00 - 17.30: 5<sup>th</sup> step Oneness Awakening Course

Sunday 7<sup>th</sup> June

- ☐ 09.00 - 10.30: Liquid Vinyasa Yoga – Anandamaya Kosha
- ☐ Time for yourself
- ☐ 16.00 - 17.30: 6<sup>th</sup> step Oneness Awakening Course
- break
- ☐ 18.00 - 18.30 Meditation

Monday 8<sup>th</sup> June

- ☐ 09.00-10.30 7<sup>th</sup> step Oneness Awakening Course
- break
- ☐ 11.00-12.30: 8<sup>th</sup> step Oneness Awakening Course
- ☐ Time for yourself
- ☐ 16.00 - 17.30: Yin Yoga with sound bath

Tuesday 9<sup>th</sup>

- ☐ 09.00 - 10.30: Vinyasa Yoga

### **Price/person 390€**

Incl.: daily Yoga, 1 complete Oneness Awakening course, meditations

Excl.: flights, transfer, hotel, meals & drinks

Min. 8 pax

Max. 30 pax

### **Cancellation policy:**

Full amount due on reserving the retreat. 50% refund for cancellation before 02. May

No refund for cancellation from 02. May onwards

For more info contact Christine by email [chr\\_hartung@yahoo.de](mailto:chr_hartung@yahoo.de) or by phone 0034 654 69 26 80

