

YOGA

BREATHE • MOVE • RESTORE

PROGRAM

FRIDAY

15:00 – 16:00	Check-in
16:00 – 16:30	Welcome together (Skybar in the wellness)
17:00	Yoga (Yoga Place)
18:00	Dinner
19:00 – 21:00	Wellness
21:00 – 22:00	Sound healing on water (wellness)

SATURDAY

08:00 – 9:30	Morning yoga and relaxation
09:00	Breakfast
Free time – Hike to Chopok / Ostredok / Wellness	
16:00 – 17:00	Workshop – Healthy Life – with Mudr. Dana Černochová
17:00 – 18:00	Meditation and breathwork
18:00	Dinner
	Time for wellness
20:30	Live music (Lobby bar)

SUNDAY

08:00	Morning yoga and meditation
09:00	Breakfast

