

Arrival: (13.05.2011)
 Friday 16 pm interduction Yoga types
 17-18 pm rooming & dinner
 19:30-21 pm introduction & **Yoga- K**

Saturday to Tuesday & thursday
 4:30-7 am Sadhana **- K**
 9-10:30 am Yoga **- K**
 11-12:30 pm **Yoga/Myoreflex.** **- M**
 3:30-5 pm Yoga **- YY**
 7-8 pm Yoga **- V**

Wednesday **Meditations day**
 4:30-7 am Sadhana **- K**
 9-10:30 am meditation: **- Anja**
 11-12:30 pm meditation: **- Ulrike**
 3:30-5 pm meditation: **- Kerstin**

Freitag
 4:30-7 am Sadhana **- K**
 9-10:30 am Yoga **- Ulrike+Anja**
 11-12:30 pm **Yoga/Myoreflex.** **- M**
 1pm Snack and good-bye

Satbir Kaur (Ulrike Bodammer):

Kundalini Yoga **-K**
 Vinyasa Yoga **-V**

Anja Beyer:

Yin-Yang Yoga **-YY**

Kerstin Kussmaul:

Yoga/Myoreflextechnik **-M**

(Karmayoga : every participant will be practicing Karmayoga. Two times helping to prepare lunch/dinner.)