

Program Yogaresa Kreta

September 2025

Lördag:

17.00 - 18.00 Yoga "Feet on Crete"
18.45 - 19.30 Mingel & välkomstmöte Sthlm & Cph*
19.15 Middag **

Söndag :

07.00 – 07.50 Morgonyoga "Tune in to Body and Mind"
8.00 - 9.30 Frukost **
09.15 Välkomstmöte Göteborg *
10.00 – 10.50 "Hatha Yoga Basic"
11.15 – 12.15 Promenad i olivlundarna
15.30 – 16.45 Workshop "Shape up your basic poses"
18.30 Mingel *
19.00 Middag **

Måndag:

07.00 – 07.50 Morgonyoga "Tune in to Body and Mind"
8.00 - 9.30 Frukost **
10.00 – 10.45 Workshop "Postural yoga"
10.50 – 11.50 Vinyasa Yoga
15.30 - 16.45 Yin Yoga
18.30 Mingel *
19.00 Middag **

Tisdag:

07.00 – 07.50 Morgonklass "Tai Chi"
8.00 - 9.30 Frukost **
10.00 – 10.45 Workshop "Block your yoga"
10.50 – 11.50 "Yoga Fusion"
15.00 – 16.15 Workshop "Fascia"
18.30 Mingel *
19.00 Middag **
20.30 - 21.15 Kvällsritual "Intention"

Onsdag:

07.00 – 07.50 Morgonyoga "Tune in to Body and Mind"
8.00 - 9.30 Frukost **
10.00 – 10.45 Workshop "Pranayama Breathwork"
10.50 - 11.50 Vinyasa Yoga "Flow with your breath"
Ledig eftermiddag (kanske ett besök till Chania?)
18.30 Mingel *
19.00 Middag **

Torsdag:

07.00 – 07.50 Morgonklass "TaiChi"
8.00 - 9.30 Frukost **
10.00 – 10.45 Workshop "Chakra"
10.50 - 11.50 Vinyasa Yoga
15.30 – 16.20 Les Mills "Body Balance"
16.20 - 16.45 Guidad meditation
18.30 - 19.15 Vinprovning - *Bokas ******
19.30 Middag **

Fredag:

07.00 – 07.50 Morgonyoga "Tune in to Body and Mind"
8.00 - 9.30 Frukost **
10.00 – 10.45 Paryoga "Double Up"
10.50 - 11.35 "AfroDance"
15.00 – 16:15 Yin Yoga
16.15 - 16.45 Yoga Nidra
18.30 Avslutning ***
19.00 Avslutningsmiddag **

Lördag:

07.00 – 07.50 Morgonyoga "Feet still on Crete"

- * Terrassen utanför entréloungen
- ** Restaurangen
- *** Konferensrum
- **** Sea Line