Freitag 2. November 2018

Version 11.05.2018 (Verschiebungen noch möglich)

Hotel Alexander	Hotel Alpenblick
13:30 - 14:00 **Begrüssung / Info**	
14:00 - 15:30 **Deddou Burkhard** The power of Flow	
16:00 - 19:00 **Andreas Loh** Yoga Piano	16:00 - 19:00 **Karl Straub**
ab 19:30 Nachtessen Hotel Alpenblick	

Samstag 3. November 2018

Hotel Alexander	Hotel Alexander	Hotel Alpenblick	Pavillon	Lifestyle Workshop
8:30 - 10:00 **Bianca Sissing** Get Up to Get Down	8:30 - 10:00 **Martyna Segunda** Ashtanga Yoga led	8:30 - 12:00 **Suzanne Faith**		9:00 - 12:00 Workshop Details coming soon
10:30 - 12:00 **Krishnatakis** Movement Infusion	10:30 - 12:00 **Andreas Loh** Yoga Piano		10:30 - 12:00 **Lara Bühler** Aerial Yoga Play	
12:00 - 13:00 Mittagessen Nachtessen Hotel Alexander				
13:00 - 14:30 **Karl Straub**	13:00 - 14:30 **Deddou Burkhard** Subtle Alchemy of Prana	13:00 - 16:00 **Krishnatakis** Sacred Dance	13:00 - 14:30 **Lara Bühler** Aerial Yoga Play	13:00 - 16:00 Workshop Details coming soon
15:00 - 16:30 **Suzanne Faith**	15:00 - 16:30 **Andreas Loh** Tala Yoga		15:00 - 16:30 **Lara Bühler** Aerial Yoga Play	
17:00 - 18:30 **Karl Straub**	17:00 - 18:30 **Andrina Tisi** Aromatherapy Yin	17:00 - 18:30 **Chantal Hauser**		
19:00 - 19:45 **Andreas Loh** Konzert	19:00 - 19:45 **Andreas Loh** Konzert			
ab 20:00 Nachtessen Hotel Alpenblick				

Sonntag 4. November 2018

Hotel Alexander	Hotel Alexander	Hotel Alpenblick	Pavillon
8:30 - 10:00 **Suzanne Faith**	8:30 - 10:00 **Andreas Loh** Yoga Piano	8:30 - 12:00 **Krishnatakis**	
10:30 - 12:00 **Chantal Hauser**	10:30 - 12:00 **Martyna Syguda** Ashtanga Yoga led		10:30 - 12:00 **Lara Bühler** Aerial Yoga Play
12:00 - 13:00 Mittagessen Hotel Alexander			
13:00 - 14:30 **Bianca Sissing**	13:00 - 14:30		13:00 - 14:30 **Lara Bühler** Aerial Yoga Play
15:00 - 16:30 **Andrina Tisi** Kundalini Dance let's move all together	15:00 - 16:30 **Andrina Tisi** Kundalini Dance let's move all together		