

«Yoga meets Weggis»

Programm 2018



Version 23.07.2018

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	

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 - 11:30 Suzanne Faith The Golden Shadow		9:00 - 12:00 Workshop Details coming soon
10:30 - 12:00 Krishnatakis Movement Infusion	10:30 - 12:00 Andreas Loh Die Kunst der Bewegung		10:30 - 12:00 Lara Bühler Aerial Yoga Play	
12:00 - 13:00 Mittagessen 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 Open Space - Backbends	15:00 - 16:30 Andreas Loh Die Überwindung der Schwerkraft		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 Forrest Yoga Hips & Legs Stand Up for Your Self		
19:00 - 19:45 Andreas Loh Konzert	19:00 - 19:45 Andreas Loh Konzert			
ab 20:00 Nachtessen Hotel Alpenblick				

Hotel Alexander	Hotel Alexander	Hotel Alpenblick	Pavillon
8:30 - 10:00 Suzanne Faith Embrace your Center-Inversions	8:30 - 10:00 Andreas Loh Yoga Piano	8:30 - 12:00 Krishnatakis	
10:30 - 12:00 Chantal Hauser Hanuman Flow Reset Your Spine	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		

Das Hotel Alpenblick offeriert allen Teilnehmern mit Food-Voucher für den Freitagabend, ein Apéro auf der Terrasse am Feuer! :)