SAMSTAG

HOTEL	VITZNAUERHOF	VITZNAUERHOF	DAS MORGEN	DAS MORGEN
8:00 - 10:00	Workshop 1 KATHONA YOGA Isabelle Stüssi	Workshop 2 TAPPING Xenia Stutz	Workshop 3 AUTUM LEAVES AND WINTER BREATH Sandra Marti	Workshop 4 QI GONG Juan Carlos
10:30 -12:30	Workshop 5 LET IT FLOW Anne Eberhardt	Workshop 6 THE PRACTICE A JOURNEY TO THE SELF Mirjam Haymann	Workshop 7 KARMA - WHAT GOES AROUND, COMES AROUND Céeline Ryf	Workshop 8 YOGA THERAPIE LOWER BACK I BECKENBODEN Nora Kersten
12:30 -14:00	LUNCH			
14:00 - 16:00	Workshop 9 TAKE FLIGHT Nathalie Moves	Workshop 10 KLANGMEDITION REISEIN DEIN SEIN Liliana Morell	Workshop 11 YIN YOGA Ranja Weis	Workshop 12 THE FUTURE FREEING THE PSOAS Céline Ryf
16:30 - 18:30	Workshop 13 ICE BATHING I YOGA 16:30 -19:00 Sabina & Jan	Workshop 14 YOGA WORKSHOP Bianca Sissing	Workshop 15 AYURVEDA WORKSHOP Isabelle Stüssi	Workshop 16 TRAUMA SENSITIVE BREATHWORK Claude Flaig
10:00 - 22:00	Workshop 17 KLANGREISE Liliana Moreell			