Yoga Weekend Kappadokien 9-13 oct 2019

TIME:	Wednesday 9th	Thursday 10th	Friday 11th	Saturday 12th	Sunday 13th
06.00-06.15		*"Rise of the balloons"*	*"Rise of the balloons"*	Balloon flight (extra cost, book at the fist dinner) Approx time 05.00-08.00	*"Rise of the balloons"*
06.15-07.00		Morning coffee or tea at the hotel	Morning coffee or tea at the hotel	Morning coffee or tea at the hotel	Morning coffee or tea at the hotel
07.00-08.00		Vinyasa Yoga, Jannie at the hotel	Vinyasa Yoga, Jannie at the hotel	Free time	Meditation&Hatha Yoga, Jannie at the hotel 6.30-8.00
08.00-09.00		Breakfast at the hotel	Breakfast at the hotel	Breakfast at the hotel	Breakfast at the hotel
09.30-12.30		Hiking Pigeon valley	Hiking White Valley and Love Valley	Transfer and Vinyasa Yoga, Jannie at Love Valley	Transfer back to the airport
12.30-13.30		Lunch at local restaurant	Lunch at local restaurant	Lunch at local restaurant	
14.30-15.30		Yoga for hips, Jannie at the hotel	Surya Namaskar Yoga, Jannie at the hotel	Free time	
15.30-17.00		Free time	Free time	Hamam (extra charge) /Free time	
17.00-18.00		Mindful Hatha Yoga, Jannie at the hotel	Pranayama & Yoga Nidra, Jannie at the hotel	Hamam (extra charge) /Free time	
18.00-19.00	Arriving to Kaseri airport at 18.40	Free time	Free time	Yin Yoga, Jannie at the hotel	
19.00-21.00		Dinner at the Hotel	Dinner at local restaurant.	Dinner at the Hotel.	
20.30	Welcome meeting and dinner at the Hotel.			GoodNight Yoga 21.15-22.00	

The program is preliminary, changes may occur. All the classes will contain different forms of meditations.

Jannie Mariager