Yoga Weekend Kappadokien 1-5 May 2019

TIME:	Wednesday 1st	Thursday 2nd	Friday 3rd	Saturday 4th	Sunday 5th
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"*
06.15-06.45		Morning coffee or tea at the hotel	Morning coffee or tea at the hotel		Morning coffee or tea at the hotel
06.45-08.00		Vinyasa yoga, Isabelle at the hotel	Vinyasa yoga, Isabelle at the hotel		Vinyasa yoga, Isabelle at the hotel
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, Isabelle at Love Valley or Red Valley	Transfer back to the airport approx. 09.00
12.30-13.30		Lunch at local restaurant Goreme	Lunch at local restaurant cavusin	Lunch at local restaurant	
14.30-15.30		Hatha Yoga, Isabelle at the hotel	Hatha Yoga, Isabelle at the hotel	Free time	
15.30-17.00		Free time	Free time	Free time	
17.00-18.00		Free time	Pranayama & Mindful Yoga Isablelle at the hotel	Aschtanga Yoga, Isabelle at the hotel	
18.30	Arriving to Kaseri airport at 18.40	Dinner at local restaurant.		Hamam (extra charge)	
19.00			Dinner at the hotel	Dinner at local restaurant.	
20.30	Welcome meeting and dinner at the hotel in Uchisar				

The program is preliminary, changes may occur.

Isabelle Moberg