Yoga Week

TIME:	Saturday 5/2	Sunday 6/2	Monday 7/2	Tuesday 8/2	Wednesday 8/2	Thursday 9/2
Morning	Morning Yoga	Sunrise Yoga	Hatha Yoga	Sunrise Yoga	Morning Yoga	Vinyasa Yoga
Afternoon	Vinyasa Yoga	Hatha Yoga	Yinyasa Yoga	Hatha Yoga	Vinyasa Yoga	Hatha Yoga

The program is preliminary, changes may occur. The exact times will be presented on the sports program at the hotel,

At La Pared with Isabelle Moberg

The classes are held in Swedish and English.
All training is free of charge.
Please arrive on time wearing sports clothes, and bring your own water bottle.
Please note that there are a limited number of places.