



Shala Kailash Yoga

2 day seminar – 2 days, 2 nights stay

FRIDAY

16:00

Greeting

Get to know each other circle

Introductory yoga lecture

First yoga session

18:30

Diner

20:00

Meditation

21:00

Satsang

SATURDAY

08:00

Meditation

09:00

Second yoga session

11:00

Brunch (veggie / ayurvedic)

14:00

Hiking trip (Idar–Oberstein Dream Loop)

17:00

Third yoga session

19:30

Diner

21:00

Meditation / mantra

Satsang

SUNDAY

08:00

Meditation

09:00

Fourth yoga block

11:00

Brunch

13:00

Closing lecture

Check out and goodbye

FEE

single room: 220 EUR per person & night

double room: 180 EUR per person & night

multi-share: 140 per person & night