



Shala Kailash Yoga

1.5 day seminar – 1.5 days, 1 night stay

SATURDAY

10:00

Greeting

First yoga session:

asanas, breathing techniques,
mantras, meditation

12:30

Snack (e.g. ayurvedic
buffet or vegetarian)

14:30

Hiking trip (Idar-Oberstein Dream Loop)

17:00

Second yoga session

18:30

Diner

Satsang

Get to know each other

Lecture on ayurvedic nutrition

SUNDAY

09:00

Third yoga session:
meditation, mantras, yoga

11:30

Brunch (veggie / ayurvedic)

13:00

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