

Yoga Time out in Brissago

PROGRAM

Thursday	06.45 p.m.	Welcome Session at Ristorante Al Fresco / Lounge with refreshment drink
	07.00 p.m.	Evening Sun Salutation / Yoga & Meditation
Friday	07.30 a.m.	Morning greeting / Yoga & Meditation
	06.15 p.m.	Yoga / Heart opening
Saturday	07.30 a.m.	Morning greeting Yoga / Combining movement and breath
	06.15 p.m.	Yoga / Stability & Lightness
Sunday	07.30 a.m.	Morning greeting / Yoga & Mindfulness Farewell Ceremony

In addition to the yoga classes, various leisure activities await you, which can be attended optionally. Of course you may also use the time for yourself.

Hikes, visits to thermal baths, bicycle tours, visits to the Brissago Islands and much more.

The lessons are suitable for beginners as well as advanced students.
The sequences last 1 to 1 1/2 hours.



Séverine Bächtold Sidler
Certified yoga teacher,
craniosacral osteopath,
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