

Yoga Time out in Brissago 2023

PROGRAM

Thursday	19.00 p.m.	Welcome Session at Ristorante Al Fresco / Lounge with refreshment drink Evening Sun Salutation / Yoga & Meditation
Friday	07.30 a.m. 18.15 p. m.	Morning greeting / Yoga & Meditation Yoga / Heart opening
Saturday	07.30 a.m. 18.15 p.m.	Morning greeting Yoga / Combining movement and breath 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,
pre- and postnatal
trauma therapy

