

1-day Retreat: 1.2.2025

0:30 hour	09:30-10:00	Arrival & Welcoming Circle
1:30 hour	10:00-11:30	Yoga Sadhana by Felicitas
1 hour	11:30-12:30	Breakfast - Porridge
1:00 hour	12:30 - 13:30	Nature Bath in Winter Forest by Felicitas
1:30 hour	13:30 - 15:00	Breathwork Yoga Sadhana by Krishna
1:00 hour	15:00 - 16:00	Lunch
0:30 hour	16:00 - 16:30	Presentation 5-Bodies by Krishna
1:00 hour	16:30 - 17:30	Chanting & Awareness by Krishna
0:30 hour	17:30 - 18:00	Intuitive Movement
0:15 hour	18:00 - 18:15	Candle Gazing Meditation / Trataka by Krishna
0:45 hour	18:15 - 19:00	Sound Bath by Felicitas
1:30 hour	19:00 - 20:30	Dinner & Goodbye