

## YOGA RETREAT PACKAGE

The yoga classes will take place in the Relaxation Room (bathhouse).

Daily yoga session in the morning	120 mins. each
Daily yoga session in the afternoon (except Wed.)	120 mins. each
1 initial medical examination	40 mins.
1 interim medical examination (incl. stomach treatment)	
1 final medical examination and consultation	30 mins.
1 foot reflexology	25 mins.
2 muscular deep tissue massages	50 mins. each
1 detox pack and bath	50 mins.
1 bio impedance analysis	
1 urine analysis	

And 7 relaxing nights incl. individually tailored meals from our Energy Cuisine „Active“.



## LANSERHOF YOGA RETREAT WITH JULIEN BALMER

### ARRIVAL — 16 JUNE 2019

Check-in in the afternoon. Initial consultation with Julien, yogi und retreat leader (to be scheduled according to arrival times, 15 – 20 mins. per person)  
Welcome dinner  
LANS Med presentation / talk

17.45

19.00

### DAY 1 — 17 JUNE 2019

06.30–07.00

Morning Meditation

07.00–08.30

Morning Hatha-Yoga session  
energising and purifying

08.45

Breakfast

10.00–12.00

Relaxation / Treatment

13.00

Light lunch

13.30

Relaxation / Treatment

15.30–16.00

Late Afternoon Sun Salutations

16.00–17.30

Evening Hatha-Yoga class,  
focus on stretching and mobilising

17.30–18.00

Q&A: The fundamental principles of traditional Yoga

18.00

Dinner

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## DAY 2 — 18 JUNE 2019

06.30–07.00 Morning Meditation  
07.00–08.30 Morning Hatha-Yoga session, energising and purifying  
08.45 Breakfast  
10.00–12.00 Relaxation / Treatment  
13.00 Light lunch  
13.30 Relaxation / Treatment  
15.30–16.00 Late Afternoon Sun Salutations  
16.00–17.30 Evening Hatha-Yoga class, with a focus on stretching and mobilising  
17.30–18.00 Q&A: Chakras and the evolution of awareness  
18.00 Dinner

## DAY 3 — 19 JUNE 2019

06.30–07.00 Morning Meditation  
07.00–08.30 Morning Hatha-Yoga session, energising and purifying  
08.45 Breakfast  
10.00–12.00 Relaxation / Treatment  
13.00 Light lunch  
13.30 Relaxation / Treatment

## DAY 4 — 20 JUNE 2019

06.30–07.00 Morning Meditation  
07.00–08.30 Morning Hatha-Yoga session, energising and purifying  
08.45 Breakfast  
10.00–12.00 Relaxation / Treatment  
13.00 Light lunch  
13.30 Relaxation / Treatment  
15.30–16.00 Late Afternoon Sun Salutations  
16.00–17.30 Evening Hatha-Yoga class, with a focus on stretching and mobilising  
17.30–18.00 Q&A: Purification, cleansing and rejuvenation through yoga  
18.00 Dinner

## DAY 5 — 21 JUNE 2019

06.30–07.00 Morning Meditation  
07.00–08.30 Morning Hatha-Yoga session, energising and purifying  
08.45 Breakfast  
10.00–12.00 Relaxation / Treatment  
13.00 Light lunch  
13.30 Relaxation / Treatment  
15.30–16.00 Late Afternoon Sun Salutations  
16.00–17.30 Evening Hatha-Yoga class, with a focus on stretching and mobilising  
17.30–18.00 Q&A: The polarity of energy in Hatha and Kundalini Yoga  
18.00 Dinner

## DAY 6 — 22 JUNE 2019

06.30–07.00 Morning Meditation  
07.00–08.30 Morning Hatha-Yoga session, energising and purifying  
08.45 Breakfast  
10.00–12.00 Relaxation / Treatment  
13.00 Light lunch  
13.30 Relaxation / Treatment  
15.30–16.00 Late Afternoon Sun Salutations  
16.00–17.30 Evening Hatha-Yoga class, with a focus on stretching and mobilising  
17.30–18.00 Closing Circle  
18.00 Dinner

## DAY 7 — 23 JUNE 2019

Individual Check-out and departure