



IDA FABRITIUS

EVENTWOCHE TRATTERHOF SKYOGA
11.06 - 18.06.2022
PROGRAMM

**COURSE INCLUDED
IN HOTEL PRICE**

Yoga Flow & Balance

Sunday, 12.06.2022

17.00 - 18.30: Welcome Yoga - Grounding. I am.

Monday, 13.06.2022

08.30 - 09.30: Yoga - soft, easy - energy and magic for the day.

17.30 - 18.30: Yin Yoga and Breathing. The jewel.

Tuesday, 14.06.2022

16.00 - 16.50: Yoga Balance - Dream Dancer.

17.00 - 18.30: Yoga - Dynamic Flow. The right moment.

Wednesday, 15.06.2022

08.30 - 09.30: Yoga - Activation - The Awakening.

17.00 - 19.00 Uhr: Yoga Workshop!

Yoga meets fascia:

Gently releasing tensions - goodwill.

(Workshop: Euro 25)

Thursday, 16.06.2022

Break day

Friday, 17.06.2022

16.00 - 16.50: Yoga - standing postures. Eternal Warrior.

17.00 - 18.15: Yin Yoga for relaxation. Renewal.

Saturday, 18.06.2022

08.30 - 09.45: Yoga - Preserver of Light.

Yoga therapeutic individual sessions and individual counselling: make an appointment on site with Ida Fabritius.

Yoga classes with Ida Fabritius are suitable for all participants, female, male, beginners and advanced yogis, any age.

**TRATTER
HOF**

Weekly programme

