



**EVENT WEEK TRATTERHOF SKYOGA  
PROGRAMME  
18.06 - 25.06.2022**

**COURSE INCLUDED  
IN HOTEL PRICE**

**Yoga & Mental Coaching  
with Thai-Miki**

**Saturday, 18.06.2022**

18.45 – 19.30:

Info meeting with Thai-Miki: Information on the course programme

**Sunday, 19.06.2022**

08.00-09.00: Hatha Yoga

21.00- 22.00: Book reading on the book "The King must not die - My way out from Thailand's toughest prison" in German language

**Monday, 20.06.2022**

08.00-09.00: Hatha Yoga

15.00- 16.00: Lecture "The thoughts and the mind" in German language

**Tuesday, 21.06.2022**

08.00-09.00: Hatha Yoga

15.00- 16.00: Breathing exercises to quiet the mind

**Wednesday, 22.06.2022**

08.00-09.00: Hatha Yoga

15.00- 16.00: Meditative exercises "Strength lies in tranquillity"

**Thursday, 23.06.2022**

08.00-09.00: Hatha Yoga

15.00- 16.00: Meditation walk

**Friday, 24.06.2022**

08.00-09.00: Hatha Yoga

**Saturday, 25.06.2022**

08.00-09.00: Hatha Yoga / Feedback and farewell

**TRATTER  
HOF**

Weekly programme

