

EVENTWEEK TRATTERHOF SKYOGA PROGRAMME

Yoga & Mental Coaching with Maksim Klasanovic

Saturday

18.45 - 19.30:

Information table with Maksim Klasanovic:

Information about the book "I was in hell and found
paradise in myself" and the course programme.

Sunday

08.00-09.00: Meditative Yoga

21.00- 22.00: Book reading "I was in hell and found
paradise within me".

Monday

08.00-09.00: Meditative Yoga

15.00- 16.00: Lecture "The thoughts and the mind".

Tuesday

08.00-09.00 a.m.: Meditative Yoga

**15.00- 16.00: Breathing exercises to calm the mind
(only with FULL VIP PACKAGE*)**

TRATTER HOF

Weekly programme



COURSE INCLUDED IN
HOTEL PRICE
FULL VIP PACKAGE
EXCLUDED SERVICES

Wednesday

08.00-09.00: Meditative Yoga

**15.00- 16.00: Meditative exercises with a focus on
"In tranquillity lies strength".
(only with FULL VIP PACKAGE*)**

Thursday

08.00-09.00: Meditative Yoga

**15.00- 16.00: Running meditation & training
programme for home.
(only with FULL VIP PACKAGE*)**

Friday

08.00-09.00: Meditative Yoga

**10.30-15.00: Excursion to Bressanone/Brixen
(only with FULL VIP PACKAGE*)**

Saturday

08.00-09.00 a.m.: Meditative Yoga /

Feedback round & farewell talks

***FULL VIP PACKAGE UPGRADE: + Euro 700,00/person
when booking online with reference THAIMIKIVIP
(with fixed place guarantee, group table at dinner
with Maksim Klasanovic and 10 days of after-care
to expand your consciousness after the end of the
course including videos)**

