

Dear guests,

The following programme gives you an outline of the Yoga Weekend at AALERNHÜS hotel & spa.

Our yoga teacher Ms Küsters is always present at all activities. For the yoga sessions, please bring loose sports clothing (preferably barefoot or light sports shoes) and appropriate outdoor wear.

**Yoga - feeling good within myself**

On the Friday, arrival at AALERNHÜS hotel & spa by 17 hrs

17.00 hrs	Welcome by yoga teacher Nikola Küsters
17.45 – 19.15 hrs	Gentle yoga
19.45 hrs	Dinner in the restaurant, 3-course meal with a choice of dishes
21.00 hrs	Evening meditation – for those who are interested

Saturday

8.00 – 9.00 hrs	Freshness in the morning, yoga
9.00 – 10.00 hrs	Breakfast buffet
10.15 – 11.00 hrs	Meditative stroll through the pine wood
11.15 – 12.30 hrs	Invigorating yoga
13.00 – 14.00 hrs	Lunchtime snack
14.00 – 16.30 hrs	Individual leisure time
16.30 – 18.00 hrs	Yoga for relaxation
19.00 – 21.00 hrs	Dinner in the restaurant, AALERNHÜS buffet incl. show cooking
21.00 hrs	Evening meditation – for those who are interested

Sunday

8.00 – 9.00 hrs	Freshness in the morning, yoga
9.00 – 10.00 hrs	Breakfast buffet
10.15 – 11.00 hrs	Meditative stroll through the pine wood and perhaps by the sea
11.15 – 12.30 hrs	Invigorating yoga
13.00 – 14.00 hrs	Lunchtime snack with closing session
14.00 – 15.00 hrs	Individual questions
15.00 hrs	Departure

*We hope you will appreciate that changes to the programme may be necessary due to weather conditions.*