

apollo sports

Yoga Weekend Kappadokien 2-6 oct 2019

TIME:	Wednesday 2nd	Thursday 3rd	Friday 4th	Saturday 5th	Sunday 6th
06.00-06.15		<i>"Rise of the balloons"</i>	<i>"Rise of the balloons"</i>	Balloon flight (extra cost, book at the first dinner) Approx time 05.00-08.00	<i>"Rise of the balloons"</i>
06.15-06.45		Morning coffee or tea at the hotel	Morning coffee or tea at the hotel	Morning coffee or tea at the hotel	Morning coffee or tea at the hotel
06.45-08.00		Surya Namaskar Yoga, Hollie at the hotel	Surya Namaskar Yoga, Hollie at the hotel	Surya Namaskar Yoga, Hollie at the hotel	Hatha & meditation Yoga, Hollie at the hotel
08.00-09.00		Breakfast at the hotel	Breakfast at the hotel	Breakfast at the hotel	Breakfast at the hotel
09.30-12.30		Hiking Pigeon valley	Hiking White Valley and Love Valley	Transfer and Yoga for back, Hollie at Love Valley or Red Valley	Transfer back to the airport approx. 11.00
12.30-13.30		Lunch at local restaurant Goreme	Lunch at local restaurant cavusin	Lunch at local restaurant	
14.30-15.30		Yoga for hips, Hollie at the hotel	Yoga for shoulders, at the hotel	Free time	
15.30-17.00		Free time	Free time	Free time	
17.00-18.00		Mindful Hatha Yoga, Hollie at the hotel	Pranayama & Yoga Nidra, Hollie at the hotel	Restorative & mindful Yoga, Hollie at the hotel	
18.00-19.00		Free time	Free time	Hamam (extra charge)	
19.00		Dinner at local restaurant.	Dinner at the hotel	Dinner at local restaurant.	
23.30	Arriving to Kaseri airport at 23.30. Transfer to the hotel				

The program is preliminary, changes may occur.

Hollie Tang