

## Yoga Weekend Kappadokien 21-25 April 2021

| TIME:       | Wednesday 21 April                                 | Thursday 22 April                             | Friday 23 April   | Saturday 24 April   | Sunday 25 April                    |
|-------------|--|---|---|---|------------------------------------|
| 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>      |
| 06.15-07.00 |  | 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 |
| 07.00-08.00 |  | Arrive & Rise Morning Yoga, Sara at the hotel | Energizing Yoga, Sara at the hotel                          | Free time   | Sunshine yoga, Sara 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 with Walking Meditation | Transfer and Lovely Hatha Yoga in Love Valley or Red Valley                   | Transfer back to the airport       |
| 12.30-13.30 |  | Lunch at local restaurant Goreme              | Lunch at local restaurant cavusin                           | Lunch at local restaurant   |                                    |
| 14.30-15.30 |  | Hatha Yoga, Sara at the hotel                 | Powerful Yoga, Sara at the hotel                            | Free time   |                                    |
| 15.30-17.00 |  | Free time                                     | Free time   | Hamam (extra charge)  |                                    |
| 17.00-18.00 |  | Soft Hatha Yoga, Sara at the hotel            | Yin Yoga & Pranayama, Sara at the hotel                     |   |                                    |
| 18.00-19.00 |  | Free time                                     | Free time   | Yin Yoga, Sara at the hotel   |                                    |
| 19.00       | Arriving at Kayseri Airport 19.55                  | Dinner at local restaurant.                   | Dinner at the hotel   | Dinner at local restaurant.   |                                    |
| 21.15-22.00 | Welcome meeting and dinner at the hotel in Uchisar |   |   | Relaxing Yoga, Sara at the hotel  |                                    |

*The program is preliminary, changes may occur.*

Sara Eriksson