



Yoga with Lina Hedmark

TIME:	Saturday 22/1	Sunday 23/1	Monday 24/1	Tuesday 25/1	Wednesday 26/1	Thursday 27/1
Morning	Morgon Yoga, Slow Flow	Yin Yoga	Vinyasa	Morgon Yoga, Slow Flow	Yin Yoga	Vinyasa
Afternoon	Mobility drills	Yoga for sports	Mobility drills	Yoga for sports	Mobility drills	Yoga for sports
Afternoon	Yoga nidra		Yoga nidra		Yoga nidra	

The program is preliminary, changes may occur. The exact times will be presented on the sports program at the hotel,

At La Pared with Linda Hedmark

The classes are held in Swedish and English.

All training is free of charge.

Please arrive on time wearing sports clothes, and bring your own water bottle.

Please note that there are a limited number of places.