



## Yoga with Linda Hedmark

<b>TIME:</b>	<b>Monday 27/9</b>	<b>Tuesday 28/9</b>	<b>Wednesday 29/9</b>	<b>Thursday 30/9</b>	<b>Friday 1/10</b>	<b>Saturday 2/10</b>
Morning	Morgon Yoga, Slow Flow	Vinyasa	Morgon Yoga, Slow Flow	Vinyasa	Morgon Yoga, Slow Flow	Vinyasa
Afternoon	Yin Yoga		Yin Yoga		Yin Yoga	
Afternoon	Yoga nidra	Funktionellt flow	Yoga nidra	Funktionellt flow	Yoga nidra	Funktionellt flow

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

## At Porto Plomari 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.