



Yoga and Mindfulness

TIME:	Saturday 5 Feb 2022	Sunday 6 Feb 2022	Monday 7 Feb 2022	Tuesday 8 Feb 2022	Wednesday 9 Feb 2022	Thursday 10 Feb 2022
Morning	Mindful morning Yoga	Mindful morning Yoga	Mindful morning Yoga	Mindful morning Yoga	Mindful morning Yoga	Mindful morning Yoga
Afternoon	Mindful afternoon Yoga	Mindful afternoon Yoga	Mindful afternoon Yoga	Mindful afternoon Yoga	Mindful afternoon Yoga	Mindful afternoon Yoga

TIME:	Saturday 12 Feb 2022	Sunday 13 Feb 2022	Monday 14 Feb 2022	Tuesday 15 Feb 2022	Wednesday 16 Feb 2022	Thursday 17 Feb 2022
Morning	Mindful morning Yoga	Mindful morning Yoga	Mindful morning Yoga	Mindful morning Yoga	Mindful morning Yoga	Mindful morning Yoga
Afternoon	Mindful afternoon Yoga	Mindful afternoon Yoga	Mindful afternoon Yoga	Mindful afternoon Yoga	Mindful afternoon Yoga	Mindful afternoon Yoga

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

At Playitas Resort with Rikke Berg
