

		BIG STUDIO UPSTAIRS	SMALL STUDIO DOWNSTAIRS
Fri	Until 17.30	Arrival/ Check in	
	18.00 – 18.30	Welcoming/ Intro to the theme ' Shifting paradigms - Moving towards liberation and abundance. ' (all teachers)	
	18.30 – 20.30	Extra long yoga-class with all teachers	
	20.30 – 22.00	Welcoming/ Dinner and Introduction to Ponderosa by Adi	
	22.00 – open end	Sauna + Bonfire	
Sat	7.00 – 7.45	Pranayama & Meditation with Paula	
	8.00 – 9.30	Slow Vinyasa Morning Practice with Valerie	Ashtanga Morning Practice with Roni
	10.00 – 11.00	Breakfast	
	11.30 – 13.00	Liberation of the Heart with Roni A ritual for the liberation of our hearts through meditation, yoga and writing	
	14.00	Lunch	
	16.00 – 17.30	Herbal walk with Birgit Rabold	
	18.00 – 19.30	Yin Yoga Class with Valerie <i>Hips and Hearts Openers – Clearing the Sacred Spaces</i>	Kundalini with Paula <i>Subagh Kriya to attract Abundance</i>
	19.30 – 20.00	Meditation with Valerie <i>Filling up the Sacred Places - Preparation for the Silence Walk</i>	
	20.00 – 21.30	Dinner	
	21.15 – 22.45	Sauna + Bonfire + Singing Circle with Christian	
Sun	5.00 – 7.00	Kundalini - Sadhana with Paula	
	07.00 – 8.30	Silence Walk to the River and Ritual with Valerie (meeting point in front of the studio) Morning Bath with the Sunrise (if the weather is nice ☺) Early Bird Exercise by the River with Roni (bring mats and towels)	
	8.30 – 10.00	Breakfast	
	10.45 – 11.30	Animal Movement Workshop with Valerie A playful practice to ease out the links and free up your wild soul and body.	
	12.30 – 13.15	Farewell with all teachers	
	13.30	Lunch & Check out (bring your bags to the kitchen)	
	16.00	Pick-up/ Rufbus to the train station Angermünde at Wendestelle Stolzenhagen	