



Schedule

Sunday, December 11th

- 16h30: Welcome & Introductions
- 18h00: Dinner
- 20h00: Gentle Practice with Angela – All Levels - 60 mins (BIL)

Monday, December 12th

- 08h00: Guided Morning Meditation with Angela & Johanna - 15 mins (BIL)
- 08h30: Breakfast & Free Time
- 11h00: Gentle Practice with Johanna – All Levels - 60 mins (BIL)
- 12h00: Lunch & Free Time
- 17h00: Chakra Balancing Vinyasa Yoga with Angela – Level 1 - 60 mins (BIL)
- 18h30: Dinner & Free Time
- 20h00: Yoga Nidra Meditation with Angela – 35 mins (ENG)
- 20h45: Yoga Nirda Meditation with Johanna – 35 mins (FR)

Tuesday, December 13th

- 08h00: Guided Morning Meditation with Angela & Johanna – 15 mins (BIL)
- 08h30: Breakfast & Free Time
- 11h00: Slo Flo Vinyasa Yoga with Angela – Level 1 - 60 mins (BIL)
- 12h00: Lunch & Free Time
- 13h30: Optional Mala-Making Workshop with Angela – 3 hours (BIL) ([Register here](#))
- 17h00: Yin Yoga with Johanna – All Levels - 60 mins (BIL)
- 18h30: Dinner & Free Time
- 20h30: End of Year Ritual BIL with Angela & Johanna – 45 mins (BIL)

Wednesday, December 14th

- 08h00: BIL Guided Meditation with Angela & Johanna – 15 mins (BIL)
- 08h30: Breakfast
- 10h30: Slo Flo Vinyasa Yoga & Guided Meditation w/ Angela & Johanna – 75 mins (BIL)
- 11h45: Journaling & Good-Byes
- 12h00: Lunch & Free Time

*checkout at 11am, so be sure to do so before class