



Glow & Nourish Event

Shine Bright. Rejuvenate. Revitalize.

TU 19.3.22	WE 20.3.24	TH 21.3.24	FR 22.3.24	SA 23.3.24
	6:10 - 6:40 Morning Glow Sunrise Yoga <i>Ocean Beach</i>		6:10 - 6:40 Morning Glow Sunrise Beach Walking Meditation <i>Ocean Beach</i>	
10:00 - 10:30 Shine Bright Face Yoga <i>Shala</i>	10:00 - 10:45 REVITALIZE Yoga to boost your energy <i>Shala</i>	10:00 - 10:45 REVITALIZE Lymphatic Flow Yoga <i>Shala</i>	10:00 - 11:15 SHINE BRIGHT Face Yoga & Face Massage <i>Shala</i>	10:00 - 10:45 REVITALIZE Energy Yoga & Essential Oils <i>Shala</i>
17:00 - 17:45 REVITALIZE Fascia Yoga <i>Shala</i>	17:00 - 17:45 REVITALIZE Yin Yoga <i>Shala</i>	15:30 - 16:00 REJUVENATE Herbs & Tea for your skin <i>Zanzi Bar</i>	15:30 - 16:00 REJUVENATE Healthy & Delicious Cooking Lesson <i>Aubergine</i>	17:00 - 17:45 REVITALIZE Fascia Yoga <i>Shala</i>
changes possible		17:00 - 17:45 REVITALIZE Relax Yoga <i>Shala</i>	17:00 - 17:45 REVITALIZE Fascia Yoga <i>Shala</i>	22:00 - 22:30 SHINE BRIGHT Full Moon Yoga & Get together <i>Ocean Beach</i>





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DI 19.3.22	MI 20.3.24	DO 21.3.24	FR 22.3.24	SA 23.3.24
	6:10 - 6:40 Morning Glow Yoga zum Sonnenaufgang <i>Ocean Beach</i>		6:10 - 6:40 Morning Glow Gehmeditation zum Sonnenaufgang <i>Ocean Beach</i>	
10:00 - 10:30 SHINE BRIGHT Face Yoga (Yoga für das Gesicht) <i>Shala</i>	10:00 - 10:45 REVITALIZE Yoga für mehr Energie <i>Shala</i>	10:00 - 10:45 REVITALIZE Yoga für den Lymphfluss <i>Shala</i>	10:00 - 11:15 SHINE BRIGHT Face Yoga & Face Massage (Yoga & Massage für das Gesicht) <i>Shala</i>	10:00 - 10:45 REVITALIZE Yoga für mehr Energie mit ätherischen Ölen <i>Shala</i>
17:00 - 17:45 REVITALIZE Faszien Yoga <i>Shala</i>	17:00 - 17:45 REVITALIZE Yin Yoga <i>Shala</i>	15:30 - 16:00 REJUVENATE Kräuter & Tees für eine schöne Haut <i>Zanzi Bar</i>	15:30 - 16:00 REJUVENATE Kochkurs: gesund & köstlich <i>Aubergine</i>	17:00 - 17:45 REVITALIZE Faszien Yoga <i>Shala</i>
Änderungen möglich		17:00 - 17:45 REVITALIZE Entspannungs-Yoga <i>Shala</i>	17:00 - 17:45 REVITALIZE Faszien Yoga <i>Shala</i>	22:00 - 22:30 SHINE BRIGHT Vollmond Yoga & Get together <i>Ocean Beach</i>





Elevate & Energize Event

Release. Reload. Reset.

TU 26.3.24	WE 27.3.24	TH 28.3.24	FR 29.3.24	SA 30.3.24
	6:10 - 6:40 RELOAD Yoga zum Sonnenaufgang <i>Ocean Beach</i>		6:15 - 7:00 RESET Beach Walking Meditation <i>Ocean Beach</i>	
10:00 - 10:45 RELEASE Yoga Shoulders & Neck <i>Shala</i>	10:00 - 10:45 RELOAD Yoga Energy Boost <i>Shala</i>	10:00 - 10:45 RELEASE Yoga Lower Back <i>Shala</i>	11:00 - 11:30 RESET Create Mandalas in the Sand <i>Ocean Beach</i>	10:00 - 10:45 RELOAD Chair (Office) Yoga <i>Shala</i>
17:00 - 17:45 RESET Yin Yoga <i>Shala</i>	15:30 - 16:00 RELOAD Kurkuma Power Food Cooking Lesson <i>Aubergine</i>	17:00 - 17:45 RELEASE Fascia Yoga <i>Shala</i>	17:00 - 17:45 RESET Soft Yoga with Essential Oils <i>Shala</i>	17:00 - 17:45 RESET Breathe & Handmassage Workshop <i>Shala</i>
changes possible	17:00 - 17:45 RELEASE Slow Yoga Moving Meditation <i>Shala</i>			17:45 FEEL GOOD Bye Bye & Cheers Get Together <i>Zanzibar</i>





Elevate & Energize Event

Release. Reload. Reset.

DI 26.3.24	MI 27.3.24	DO 28.3.24	FR 29.3.24	SA 30.3.24
	6:10 - 6:40 RELOAD Yoga zum Sonnenaufgang <i>Ocean Beach</i>		6:10 - 6:40 RESET Gehmeditation am Strand <i>Ocean Beach</i>	
10:00 - 10:45 RELEASE Yoga Schultern & Nacken <i>Shala</i>	10:00 - 10:45 RELOAD Yoga für mehr Energie <i>Shala</i>	10:00 - 10:45 RELEASE Yoga für den unteren Rücken <i>Shala</i>	11:00 - 11:30 RESET Mandalas im Sand malen <i>Ocean Beach</i>	10:00 - 10:45 RELOAD Stuhl (Office) Yoga <i>Shala</i>
17:00 - 17:45 RESET Yin Yoga <i>Shala</i>	15:30 - 16:00 RELOAD Kurkuma Power Food Kochkurs <i>Aubergine</i>	17:00 - 17:45 RELEASE Faszien Yoga <i>Shala</i>	17:00 - 17:45 RESET Soft Yoga mit ätherischen Ölen <i>Shala</i>	17:00 - 17:45 RESET Atemübungen & Handmassage <i>Shala</i>
Änderungen möglich	17:00 - 17:45 RELEASE langsames Yoga - bewegte Meditation <i>Shala</i>			17:45 FEEL GOOD Bye Bye & Cheers Get Together <i>Zanzibar</i>

