

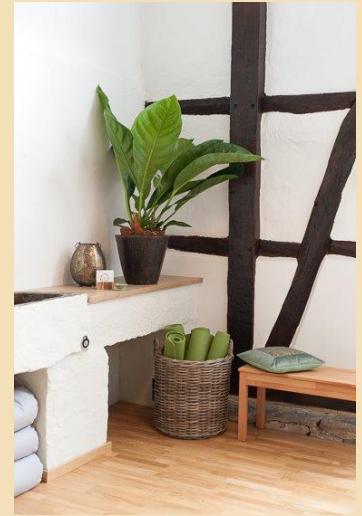
*Dear Guests,
Dear yogy's,*

Enjoy the challenging, as well as relaxing Yoga-units, an “Early Bird” –Sunrise Run and not least the ambience of a 716 years old Pilgrim hostel with its culinary specialities.

This arrangement applies also for accompanying persons, who do not wish to use our Yoga/Run units.

The proposed schedule can be changed at any time according individual wishes.

*All Yoga-classes take place in our “**Kokon**”, the Yoga room of the house.*



Day 1:

- *As of 14 p.m. – Arrival and check-in*
- *6 p.m. – 7.30 p.m. – Welcoming and a Vinyasa-Flow-yoga –class*
- *Hereafter a joint evening supper – here we spoil you with a vegetarian 3-course- “vital “ menu. (for accompanying persons we offer a Westphalian 3-course – menu)*

Day 2:

- *7:30 a.m. – 8:15 a.m. “Early Bird” Run/Walk on our nice City Ramparts, which surround the old inner-city. We enjoy the sunrise.*
- *8:30 a.m. – 9:45 a.m. – a dynamic Yoga-Class (By nice weather in the park)*
- *A joint Breakfast*
- *5 p.m. - 6:15 p.m. – 75 minutes Yin Yoga pure pleasure. We let us go.*

Day 3:

- *8 a.m. -9:15 a.m. - 75 minutes Vinyasa closing*
- *Joint breakfast and departure*



*Price per person including Yoga-classes,
Early Bird-run/ walk
€ 178,00*

*Without Yoga-classes
€ 118,00*

*(For overnight accommodation in
double room or more-bed-apartments.
Single room surcharge € 48.00)*



These arrangements include:

- *Welcome drink*
- *2 overnight stays in double room or more- bed apartment, incl. elaborate breakfast buffet*
- *Sporting units*
- *3-course- Vital-Menu with Main dish at choice and aperitif*

All levels are welcome in this Yoga Retreat, for beginners as well as for people who have a longer experience with yoga.

