

Swiss Mountain Weekend Yoga Retreat – Easter Immersion

with Michel and Shima

Ganden Chökhör, Churwalden

29th March – 1st April 2024

The program is subject to change

Friday 29th 2024

2:30 & 3:30 pm Bus B 182 from Chur to station Churwalden – Furnerschhus 14:17 or
15:17 Pick up service – let us know in advance

3:45 – 4:30 pm Information / Introductions

4:45 – 6:15 pm Hatha Yoga Practice

6:30 – 7:15 pm Dinner

8:00 – 9:00 pm Massage Slot

Saturday 30th March 2024

8:30 – 9:00 am Yoga / Sadhana (Kundalini Yoga)

9:00 – 9:45 am Breakfast

10:45 – 11:45 am Hatha Flow Yoga

12:00 – 12:45 pm Lunch

12:45 – 4:00 pm Free time

4:00 – 6:00 pm Lecture & Hatha Kundalini fusion

6:30 – 7:15 pm Dinner

8:00 – 9:00 pm Massage Slot

Sunday 31st March 2024

08:30 – 09:00 am	Pranayama und Meditation Kundalini
09:00 – 9:45 am	Breakfast
10:30 – 11:45 am	Special Chakra opening Kundalini class.
12:00 – 12:45 pm	Lunch
1:30 – ca. 5:00 pm	Optional hike or free time to relax
5:30 – 6:30 pm	Yin Yoga
6:30 – 7:15 pm	Dinner
8:00 – 9:00 pm	Massage Slot
8:00 – 9:30 pm	Special event

Monday 1st April 2023

8:30 – 09:00 am	Fruits & Tea
9:30 – 11:15 am	Kundalini Yoga Practice
11:30 – 12:15 pm	Brunch
From 12:30	Departure