

# Swiss Mountain Weekend Yoga Retreat – Easter Immersion 2025

with Michel and Shima

Ganden Chökhör, Churwalden

6th June – 9<sup>th</sup> June 2025

The program is subject to change

## Friday 6<sup>th</sup> June 2025

4:30 & 5:30 pm Pick up service – let us know in advance - Bus B 182 from Chur to station Churwalden – Furnerschhus arrival time 4:17 pm or 5:17pm

**6:00 – 7:30 pm Welcome & Hatha Yoga Practice**

7:45 – 8:15 pm Dinner

8:30 – 9:00 pm Information

## Saturday 7<sup>th</sup> June 2025

**8:30 – 10:30 am Extended Yoga Praxis**

10:45 – 11:45 am Brunch

11:45 – 3:45 pm Free time

**4:00 – 6:00 pm Extended Yoga Praxis**

6:15 – 7:15 pm Dinner

7:30 – 9:30 pm 2 Massage Slots

## Sunday 8<sup>th</sup> June 2025

**08:30 – 10:30 am Pranayama und Meditation Kundalini**

10:45 – 11:45 am Brunch

12:30 – 4:30 pm Optional hike or free time to relax

**4:45 – 6:15 pm**                      **Extended Yoga Practice**

6:30 – 7:15 pm                      Dinner

8:00 – 9:00 pm                      Massage Slot

8:00 – 9:30 pm                      **Special event**

**Monday 9th June 2025**

**8:30 – 10:30 am**                      **Extended Yoga Practice**

10:45 – 11:30 am                      Brunch

12:00 pm                                  Departure