

*Mazina & Aloa*

13.05-23.05.2024

YOGA &  
MEDITATION  
RETREAT

SAVE THE DATES



**ENJOY**



**RELAX**

# Weekly RETREAT

13 MON	2 pm: Meeting with team 4 pm: Evening meditation 6 pm: Dinner
14 TUE	08 am: Morning meditation 10 am: Breakfast 4 pm : Yoga for women 6 pm: Dinner
15 WED	08 am: Morning meditation 10 am: Breakfast 4 pm : Yoga for women 6 pm: <b>Wein &amp; olive oil tasting &amp; dinner</b>
16 THU	08 am: Morning meditation 10 am: Breakfast 4 pm : Yoga for women 6 pm: <b>Final round with dinner</b>
17 FRI	08 am: Morning meditation 10 am: Breakfast 12 am : Departure time

*See you soon..*

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