



JOGA VIKEND

14. 9. - 15. 9. 2019

SOBOTA, 14. 9. 2019

9.30–Jutranje prebujanje (zbor na hotelski recepciji)

11.00–Joga v bazenu (bazenski kompleks 4. nad.)

13.30–Joga za lepši dan (zbor na hotelski recepciji)

15.00–Joga v bazenu (bazenski kompleks 4. nad.)

17.00–Dihalne vaje v bazenu

(bazenski kompleks 4. nad.)

20.00–Joga za sladki spanec

(zbor na hotelski recepciji)

NEDELJA, 15. 9. 2019

11.30–Joga v bazenu (bazenski kompleks 4. nad.)

13.00–Dihalne vaje (zbor na hotelski recepciji)

16.00–Joga v bazenu (bazenski kompleks 4. nad.)

YOGA WEEKEND

14. 9. - 15. 9. 2019

SATURDAY, 14. 9. 2019

9.30–Morning awakening (assembly at the hotel reception)

11.00–Yoga in the pool (pool complex 4th floor)

13.30–Yoga for beautiful day (assembly at the hotel reception)

15.00–Yoga in the pool (pool complex 4th floor)

17.00–Breathing Exercise (pool complex 4th floor)

20.00–Bedtime Yoga (assembly at the hotel reception)

SUNDAY, 15. 9. 2019

11.30–Yoga in the pool (pool complex 4th floor)

13.00–Breathing Exercise (assembly at the hotel reception)

16.00–Yoga in the pool (pool complex 4th floor)



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