

FRIDAY FEB 7	YOGA ROOM 1	YOGA ROOM 2	YOGA ROOM 3	OUTDOOR
12 p.m.				
12.30 p.m.				
1 p.m.				
1.30 p.m.				
2 p.m.	Hannah Barrett Crow Flow – 60 min	Jamie Clememts Conscious Connected Breathwork – 60 min	Marlen Arnudd Grounding Yin Yoga – 60 min	
2.30 p.m.				
3 p.m.				
3.30 p.m.				
4 p.m.	Michael James Wong Agni Awakening Vinyasa Yoga – 60 min	Michelle Baker Shedding & Becoming Breathwork – 90 min	Leora Johansson Moon Flow – 75 min	
4.30 p.m.				
5 p.m.	Opening Ceremony			
5.30 p.m.				
6 p.m.	Opening Dinner Japanese buffet			Class Slow Pace
6.30 p.m.				Class Physical Energetic
7 p.m.				Talk/Workshop
7.30 p.m.				Outdoor
8 p.m.				Ceremony
8.30 p.m.	Camille Vidal Restful Nights Yin Yoga & Sound Healing – 60 min			
9 p.m.				

SATURDAY FEB 8	YOGA ROOM 1	YOGA ROOM 2	YOGA ROOM 3	OUTDOOR
8.30 a.m.	Hannah Barrett Yoga Happy Flow – 75 min	Patrick Sjögren Fire & Water – 90 min		
9 a.m.				
9.30 a.m.				
10 a.m.	Michael James Wong Ladder Flow Vinyasa – 75 min	Michelle Baker Asana & Breath – 90 min		Jamie Clements Cold Water – 90 min
10.30 a.m.				
11 a.m.				
11.30 a.m.				
12 p.m.				
12.30 p.m.				
1 p.m.	Camille Vidal Found Your Way Back Yin Yoga – 60 min	Hannah Barrett Beautiful Backbends – 75 min	Patricia Appelgren Grounding back to your self Shakti Yoga – 75 min	
1.30 p.m.				
2 p.m.				
2.30 p.m.				
3 p.m.	Jamie Clements Consious Breathwork – 60 min	Michael James Wong Practice of the Gods Vinyasa Yoga – 75 min	Ann-Charlotte Johansson Soulcraft Dance – 90 min	
3.30 p.m.				
4 p.m.				
4.30 p.m.				Class Slow Pace
5 p.m.	Michelle Baker Deep Rest Yoga Nidra – 60 min	Camille Vidal Mindul Happy Hour Workshop – 90 min		Class Physical Energetic
5.30 p.m.				
6 p.m.				
				Talk/Workshop
				Outdoor
				Ceremony

SUNDAY FEB 9	YOGA ROOM 1	YOGA ROOM 2	YOGA ROOM 3	OUTDOOR
8 a.m.	Michelle Baker Feeling & Healing Breathwork – 90 min	Jonna Segergren Shaking & Vibrations –60 min		Jamie Clements Cold Water – 90 min
8.30 a.m.				
9 a.m.				
9.30 a.m.				
10 a.m.	Camille Vidal Start the Day Softly Yin Yoga – 60 min	Hannah Barrett Juicy Hips –60 min		
10.30 a.m.				
11 a.m.				
11.30 a.m.	Michael James Wong Deep Rest Release Restorative Yoga – 60 min	Asia Spa Teacher		
12 p.m.				
12.30 p.m.	Closing Ceremony			
1 p.m.				
1.30 p.m.				
2 p.m.				
2.30 p.m.				Class Slow Pace
3 p.m.				Class Physical Energetic
3.30 p.m.				Talk/Workshop
4 p.m.				Outdoor
				Ceremony

Snacks and coffe/tea is served in the lounge outside Spegelsalen. The lounge is also the centre and meeting place of Varberg Winter Retreat.