

# Swiss Mountain Weekend Yoga Retreat – Easter Immersion 2025

with Michel and Shima

Ganden Chökhör, Churwalden

18th April – 21st April 2025

The program is subject to change

## Friday 18<sup>th</sup> April 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 19<sup>th</sup> April 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 20<sup>th</sup> 2024**

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

## **Monday 21th April 2023**

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