



### 3-day Yogaweekend

#### Badhotel Domburg \*\*\*\*, Domburg, the Netherlands

##### Day of arrival

Check in in the afternoon. You may arrive earlier and leave your luggage at reception to take a stroll. At 6 pm you have the introduction to your yoga instructor and other participants in the yoga room whilst enjoying a cup of herbal tea or lemon water. At 6.30 pm the first yoga class starts and lasts until 8 pm. At 8.30 pm you are invited for a two course set menu in restaurant Zee & Land (Sea & Land). If you prefer to have your dinner on another evening, just inform the reception and the yoga teacher.

##### Program

The Yoga workshop will start at 8am and lasts 90 minutes. The yoga class is both for beginners and advanced levels, although in our experience our weekends attract a lot of guests who are beginners. The yoga teacher will see who is at what level and respond. After the class its time for breakfast. The afternoon is for your own leisure. Obviously the place lends itself very well to relaxing: the fireplace with a good book, fine wine tasting, enjoying a visit to the sauna in the wellness centre or take a relaxing walk on the beach or through the luxury boutique shops in the village. At 5pm is the yoga class for 90 minutes. Dinner this evening is excluded so you can eat in the hotel restaurant or explore any of the high quality restaurants' within 200 meters.

##### Program and departure

The Yoga workshop will start at 8.30 am and lasts 90 minutes. After the class, time for breakfast. Check out is at 12 pm. A late check-out is possible, please ask the reception for more information.

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