



### 3-day Yogaweekend

#### Boshotel Vlodrop\*\*\*\*, Vlodrop, Nederland

##### Day of arrival

Check in is from 2 PM. You may arrive earlier and leave your luggage at reception to take a stroll. At 5 PM you have the introduction to your yoga instructor and other participants whilst enjoying a cup of herbal tea or lemon water. At 5.45 PM the first yoga class starts and lasts till 7.15 PM. At 7.30 PM you are invited for a three course set menu in the restaurant of the hotel. If you prefer to have your dinner on another evening, just inform the reception and the yoga teacher.

##### Yoga workshops

The Yoga workshop will start at 8 AM 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 it's 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 in the forest.

At 5 PM 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 restaurants' in town.

##### Yoga workshop and check-out

The Yoga workshop will start at 8.30 AM and lasts 90 minutes. After the class, time for breakfast. Check out is at 11 AM, but our guests can make use of their room until 12 noon. A late check-out is possible, please ask the reception for more information.

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