

Johanna Hector x Kappadokien 9-13 Oct 2024

Wednesday 9 Oct	Thursday 10 Oct	Friday 11 Oct	Saturday 12 Oct	Sunday 13 Oct
	06.30-07.00 <i>"Rise of the balloons"</i> Morning coffee or tea at the hotel	Balloon flight <i>(extra cost 300 euro)</i> Approx time 05.00-08.00	06.30-07.00 <i>"Rise of the balloons"</i> Morning coffee or tea at the hotel	06.30-07.00 <i>"Rise of the balloons"</i> Morning coffee or tea at the hotel
	07.10-08.00 Global Yoga Power	07.10-08.00 Global Yoga	07.10-08.00 Global Yoga Power	07.15-08.00 Breakfast at the hotel
	08.00-09.00 Breakfast at the hotel	08.00-09.00 Breakfast at the hotel	08.00-09.00 Breakfast at the hotel	Departing 10:50
	09.30-12.30 Hike Pigeon Valley	10.00-12.30 free time in Uschisar	09.30-12.30 Hike White Valley and Love Valley	
	12.30-13.30 Lunch at local restaurant	12.30-13.30 Lunch at local restaurant	12.30-13.30 Lunch at local restaurant	
	15.00-16.00 Global Yoga Yin	14.30-16.00 Global Yoga Workshop	14.00-15.30 Hamam <i>(extra charge, 50 euro)</i>	
	17.00-18.00 Wine tasting at Garden Inn	16.30-18.30 Sunset drinks in Red Valley	17.00-18.00 Global Yoga Yin	
Arriving 19:55	19.00 Dinner at at local restaurant	19.00 Dinner at at local restaurant	19.00 Dinner at the hotel	
Welcome meeting and dinner at the hotel Kistar				