

CERVO



MOUNTAIN  
ASHRAM SPA  
RETREAT

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# 3 DAYS RETREAT PROGRAMME



## SUNDAY

- 16:00 Check- in
- 17:00-18:30 Opening Ceremony with a nice welcoming, where the program will be explained. Continued by a Restorative yoga session in the Ritualroom
- 19:00-20:00 Dinner with Vegan and Vegetarian options
- 20:15-21:00 Yoga Nidra in the Ritualroom

## MONDAY

- 7:00-8:00 Morning Yoga in the Ritualroom
- 8:00-8:30 Meditation (optional for hotel guest and for retreat guest) in the Ritualroom
- 9:00-10:00 Healthy Breakfast with Vegan and Vegetarian options
- 10:30-12:30 Forest Bathing (in good weather conditions) / cacao ceremony (in bad weather conditions)
- 13:00-14:00 Healthy Lunch with Vegan and Vegetarian options
- 14:00-17:00 Spa and treatment time. Treatment by choice 60min included. For a different duration extra charges apply. Please book your treatment before your arrival.
- 17:30-18:30 Holotropic breath in the Ritualroom
- 19:00-20:00 Dinner with Vegan and Vegetarian options
- 20:15-21:00 Sound session in the Ritualroom

## TUESDAY

- 7:00-8:00 Morning yoga in the Ritualroom
- 8:00-8:30 Meditation (optional for hotel guest and for retreat guest)
- 9:00-10:00 Healthy Breakfast with Vegan and Vegetarian options
- 10:30-11:30 Kundalini Awake and farewell ceremony in the Ritualroom
- 12:00 Check out. Use of spa facilities after the check out, free of charge.