



Ihre Irlandspezialistin

www.irlandspezialistin.com

Your Ireland Specialist www.youirelandspecialist.com

Ayurveda Days - Program

Friday, 22th of Oct

4pm	Arrival – welcome reception - get together– (ayurvedic tea will be served)
	Yoga
6pm	Light Dinner

Saturday, 23rd of Oct

7:30am	Yoga
8:30am	Light breakfast
9:30am	Ayurvedic-Workshop (get to know your specific body type Vata, Pitta, Kapha)
12:noon	Cooking a light lunch
1:30pm	Walk/ayurvedic massage/Spa*
6:30pm	Dinner
7:30pm	Meditation

Sunday, 24th of Oct

7:30am	Yoga
8:30am	Light breakfast
9:30am	Ayurvedic-Workshop (how can I integrate Ayurveda in my daily routine?)
12:00noon	Cooking a light lunch
1:30pm	Walk/ayurvedic massage/Spa*
6:30pm	Dinner
7:30pm	Meditation

Monday, 25th of Oct

7:30am	Yoga
8:30am	Light Breakfast
9:30am	Ayurvedic-Workshop (learn more about nutrition & how to get rid of your food cravings)
12:00noon	Cooking a light lunch
1:30pm	Walk/ayurvedic massage/Spa*
6:30pm	Dinner
7:30pm	Meditation

Tuesday, 26th of Oct

7:30am	Yoga
8:30am	Light breakfast
10:00am	Summary and prospects

- *All participants have the opportunity each afternoon to take part in a 1 – 2 ½ hour guided walk or to use the the pool, hot tubs and thermal suite in the Parknasilla Hotel. One Ayurvedic massage is included in the package and can be booked on any afternoon. We reserve the right to change the program depending on weather conditions.

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