



KOTONA

Yoga & Retreats

KOTONA is Finnish and means "HOME".
Here with us you should also feel at HOME –
you should feel comfortable. Because that's the best
way to relax. And that is, after all, the aim of a yoga
vacation. :)



YOGA MOUNTAIN WEEK PROGRAM

Classes are held in English and/or German

The course schedule and times may be subject to change

<i>Friday 9.8.</i>			
<i>Time</i>	<i>Yoga House</i>	<i>Nature</i>	<i>Chalet</i>
<i>14:00 - 14:30</i>			
<i>14:30 - 15:00</i>			
<i>15:00 - 15:30</i>			
<i>15:30 - 16:00</i>			
<i>16:00 - 16:30</i>			<i>Check In</i>
<i>16:30 - 17:00</i>			
<i>17:00 - 17:30</i>	<i>17:00 Welcome Marja-Liisa & Co.</i>		
<i>17:30 - 18:00</i>	<i>17:30 Hatha Yoga Marja-Liisa 90 Min</i>	<i>17:30 Breath Work Carmen 45 Min</i>	
<i>18:00 - 18:30</i>			
<i>18:30 - 19:00</i>			
<i>19:00 - 19:30</i>			<i>Dinner</i>
<i>19:30 - 20:00</i>			
<i>20:00 - 20:30</i>			
<i>20:30 - 21:00</i>			

Saturday 10.8.

Time	Yoga House	Nature	Chalet
7:00 - 7:30		7:00 Morning Meditation Carmen 60 Min	
7:30 - 8:00			
8:00 - 8:30			Breakfast
8:30 - 9:00			
9:00 - 9:30			
9:30 - 10:00			
10:00 - 10:30	10:00 Balance & Resilience Kumar 120 Min		
10:30 - 11:00			
11:00 - 11:30			
11:30 - 12:00			
12:00 - 12:30			Lunch
14:00 - 14:30		14:00 Yoga in Pure Nature Marja-Liisa 60 Min	14:00 Ayurveda Pulse Diagnosis 1:1 Kumar 60 Min
14:30 - 15:00			15:00 Ayurveda Pulse Diagnosis 1:1 Kumar 60 Min
15:00 - 15:30			16:00 Ayurveda Pulse Diagnosis 1:1 Kumar 60 Min
15:30 - 16:00			17:00 Ayurveda Pulse Diagnosis 1:1 Kumar 60 Min
16:00 - 16:30	16:30 Kraftvolles Vinyasa Carmen 90 Min		18:00 Ayurveda Pulse Diagnosis 1:1 Kumar 60 Min
16:30 - 17:00			18:00 Dissolve negative beliefs/ Negative Glaubenssätze auflösen Marja-Liisa 60 Min
17:00 - 17:30			18:00 Ayurveda Pulse Diagnosis 1:1 Kumar 60 Min
17:30 - 18:00			Dinner
18:00 - 18:30			
18:30 - 19:00			
19:00 - 19:30			

Sunday 11.8.

Time	Yoga House	Nature	Chalet
7:00 - 7:30		7:00 Morning Meditation Carmen 60 Min	
7:30 - 8:00			
8:00 - 8:30			Breakfast
8:30 - 9:00			
9:00 - 9:30			
9:30 - 10:00			
10:00 - 10:30	10:00 Hatha Yoga Carmen 90 Min		10:00 Ayurveda Pulse Diagnosis 1:1 Kumar 60 Min
10:30 - 11:00			11:00 Ayurveda Pulse Diagnosis 1:1 Kumar 60 Min
11:00 - 11:30			11:30 Ayurveda Pulse Diagnosis 1:1 Kumar 60 Min
11:30 - 12:00			Lunch
12:00 - 12:30			
14:00 - 14:30			14:00 Ayurveda Pulse Diagnosis 1:1 Kumar 60 Min
14:30 - 15:00			15:00 Ayurveda Pulse Diagnosis 1:1 Kumar 60 Min
15:00 - 15:30			
15:30 - 16:00			
16:00 - 16:30		16:00 Meditation Carmen 30 Min	
16:30 - 17:00			
17:00 - 17:30			17:00 Ancient Egyptian Spiritual Wisdom (Altägyptisches Wissen) I (DE/EN) Marja-Lüsa 90 Min
17:30 - 18:00			
18:00 - 18:30			
18:30 - 19:00			
19:00 - 19:30			Dinner
19:30 - 20:00			

Monday 12.8.

Time	Yoga House	Nature	Chalet
7:00 - 7:30		7:00 Morning Meditation Carmen 60 Min	
7:30 - 8:00			
8:00 - 8:30			Breakfast
8:30 - 9:00			
9:00 - 9:30			
9:30 - 10:00			
10:00 - 10:30			10:00 Ayurveda Pulse Diagnosis 1:1 Kumar 60 Min
10:30 - 11:00		10:30 Yoga in Pure Nature & Kneipp Marja-Liisa 60 Min	11:00 Ayurveda Pulse Diagnosis 1:1 Kumar 60 Min
11:00 - 11:30			11:00 Ayurveda Pulse Diagnosis 1:1 Kumar 60 Min
11:30 - 12:00			Lunch
12:00 - 12:30			
14:00 - 14:30			14:00 Ayurveda Pulse Diagnosis 1:1 Kumar 60 Min
14:30 - 15:00			14:00 Ayurveda Pulse Diagnosis 1:1 Kumar 60 Min
15:00 - 15:30			15:00 Ayurveda Pulse Diagnosis 1:1 Kumar 60 Min
15:30 - 16:00	15:00 Vinyasa Yoga Carmen 90 Min		15:00 Ayurveda Pulse Diagnosis 1:1 Kumar 60 Min
16:00 - 16:30			
16:30 - 17:00			
17:00 - 17:30			17:00 Ancient Egyptian Spiritual Wisdom (Altägyptisches Wissen) II (DE/EN) Marja-Liisa 90 Min
17:30 - 18:00			
18:00 - 18:30			
18:30 - 19:00			17:00 Ancient Egyptian Spiritual Wisdom (Altägyptisches Wissen) II (DE/EN) Marja-Liisa 90 Min
19:00 - 19:30			Dinner

Tuesday 13.8.

Time	Yoga House	Nature	Chalet
7:00 - 7:30			
7:30 - 8:00		7:00 Morning Meditation Carmen 60 Min	
8:00 - 8:30			
8:30 - 9:00			Breakfast
9:00 - 9:30			
9:30 - 10:00			
10:00 - 10:30			10:00 Ayurveda Pulse Diagnosis 1:1 Kumar 60 Min
10:30 - 11:00	10:00 Yin Yoga Carmen 75 Min		11:00 Ayurveda Pulse Diagnosis 1:1 Kumar 60 Min
11:00 - 11:30			11:00 Ayurveda Pulse Diagnosis 1:1 Kumar 60 Min
11:30 - 12:00			
12:00 - 12:30			Lunch
14:00 - 14:30			
14:30 - 15:00			
15:00 - 15:30			
15:30 - 16:00		14:00 Hiking Alessandro	
16:00 - 16:30			
16:30 - 17:00			
17:00 - 17:30			
17:30 - 18:00			17:30 Ayurveda Pulse Diagnosis 1:1 Kumar 60 Min
18:00 - 18:30			
18:30 - 19:00			
19:00 - 19:30			Dinner
19:30 - 20:00			

Wednesday 14.8.

Time	Yoga House	Nature	Chalet
7:00 - 7:30		7:00 Morning Meditation Carmen 60 Min	
7:30 - 8:00			
8:00 - 8:30			Breakfast
8:30 - 9:00			
9:00 - 9:30			
9:30 - 10:00			
10:00 - 10:30	10:00 Vinyasa Yoga Carmen 90 Min		10:00 Ayurveda Pulse Diagnosis 1:1 Kumar 60 Min
10:30 - 11:00			11:00 Ayurveda Pulse Diagnosis 1:1 Kumar 60 Min
11:00 - 11:30			11:00 Ayurveda Pulse Diagnosis 1:1 Kumar 60 Min
11:30 - 12:00			Lunch
12:00 - 12:30			
14:00 - 14:30			
14:30 - 15:00		14:30 Breath Work Carmen 60 Min	
15:00 - 15:30			
15:30 - 16:00			
16:00 - 16:30			
16:30 - 17:00			16:30 Ayurveda Pulse Diagnosis 1:1 Kumar 60 Min
17:00 - 17:30			17:30 Ayurveda Pulse Diagnosis 1:1 Kumar 60 Min
17:30 - 18:00			
18:00 - 18:30			
18:30 - 19:00			Dinner
19:00 - 19:30			

Thursday 15.8.

Time	Yoga House	Nature	Chalet
7:00 - 7:30		7:00 Chakra Meditation Marja-Liisa 60 Min	
7:30 - 8:00			
8:00 - 8:30			Breakfast
8:30 - 9:00			
9:00 - 9:30			
9:30 - 10:00			
10:00 - 10:30	10:00 Morning Flow Susanne 90 Min		10:00 Ayurveda Pulse Diagnosis 1:1 Kumar 60 Min
10:30 - 11:00			11:00 Ayurveda Pulse Diagnosis 1:1 Kumar 60 Min
11:00 - 11:30			Lunch
11:30 - 12:00			
12:00 - 12:30			
14:00 - 14:30			
14:30 - 15:00		14:30 Satsang Marja-Liisa 120 Min	
15:00 - 15:30			
15:30 - 16:00			
16:00 - 16:30			
16:30 - 17:00			
17:00 - 17:30	17:00 Hatha Yoga Marja-Liisa 90 Min		
17:30 - 18:00			
18:00 - 18:30			
18:30 - 19:00			Dinner
19:00 - 19:30			
19:30 - 20:00			
20:00 - 20:30	20:00 Yoga Nidra Marja-Liisa 60 Min		
20:30 - 21:00			

<i>Friday 16.8.</i>			
<i>Time</i>	<i>Yoga House</i>	<i>Nature</i>	<i>Chalet</i>
<i>7:00 - 7:30</i>		<i>7:00 Breath Work Marja-Liisa 60 Min</i>	
<i>7:30 - 8:00</i>			
<i>8:00 - 8:30</i>			
<i>8:30 - 9:00</i>			<i>Breakfast</i>
<i>9:00 - 9:30</i>			
<i>9:30 - 10:00</i>			
<i>10:00 - 10:30</i>			
<i>10:30 - 11:00</i>			
<i>11:00 - 11:30</i>			
<i>11:30 - 12:00</i>		<i>9:30 Waterfall Adventure Susanne (don't forget your swimsuit)</i>	
<i>12:00 - 12:30</i>			<i>Lunchbox</i>
<i>14:00 - 14:30</i>			
<i>14:30 - 15:00</i>			
<i>15:00 - 15:30</i>			
<i>15:30 - 16:00</i>	<i>14:30 Balance & Resilience Kumar 120 Min</i>		
<i>16:00 - 16:30</i>			
<i>16:30 - 17:00</i>			
<i>17:00 - 17:30</i>			
<i>17:30 - 18:00</i>	<i>17:00 Yin Yoga Marja-Liisa 90 Min</i>		<i>17:30 Ayurveda Pulse Diagnosis 1:1 Kumar 60 Min</i>
<i>18:00 - 18:30</i>			
<i>18:30 - 19:00</i>			
<i>19:00 - 19:30</i>			<i>Dinner</i>
<i>19:30 - 20:00</i>			
<i>20:00 - 20:30</i>			
<i>20:30 - 21:00</i>	<i>20:00 Explanation The Power of Kundalini Marja-Liisa 60 Min</i>		

Saturday 17.8.

Time	Yoga House	Nature	Chalet
7:00 - 7:30		7:00 Morning Meditation Marja-Liisa 60 Min	
7:30 - 8:00			
8:00 - 8:30			Breakfast
8:30 - 9:00			
9:00 - 9:30			
9:30 - 10:00	9:30 Morning Flow Susanne 90 Min		
10:00 - 10:30			
10:30 - 11:00			
11:00 - 11:30		11:00 Tai Chi in Pure Nature Marja-Liisa 60 Min	
11:30 - 12:00			
12:00 - 12:30			Lunch
14:00 - 14:30		14:00 Shinrin Yoku Marja-Liisa 60 Min	
14:30 - 15:00			
15:00 - 15:30	15:00 Hatha Yoga Susanne 90 Min		
15:30 - 16:00			
16:00 - 16:30			
16:30 - 17:00			
17:00 - 17:30		17:00 Shaman Meditation Samuel 60 Min	
17:30 - 18:00			
18:00 - 18:30		18:00 Music	
18:30 - 19:00			Dinner
19:00 - 19:30			
19:30 - 20:00			

<i>Sunday 18.8.</i>			
<i>Time</i>	<i>Yoga House</i>	<i>Nature</i>	<i>Chalet</i>
<i>7:00 - 7:30</i>	<i>7:00 Morning Flow Susanne 90 Min</i>		
<i>7:30 - 8:00</i>			
<i>8:00 - 8:30</i>			<i>Breakfast</i>
<i>8:30 - 9:00</i>		<i>8:30 Meditation Marja-Liisa 30 Min</i>	
<i>9:00 - 9:30</i>		<i>9:00 Yoga in Pure Nature & Kneipp Marja-Liisa 60 Min</i>	
<i>9:30 - 10:00</i>			
<i>10:00 - 10:30</i>		<i>Verabschiedung</i>	
<i>10:30 - 11:00</i>			<i>Check Out</i>
<i>11:00 - 11:30</i>			
<i>11:30 - 12:00</i>			
<i>12:00 - 12:30</i>		<i>11:00 Hiking & Nature Experience Susanne</i>	
<i>14:00 - 14:30</i>			
<i>14:30 - 15:00</i>			
<i>15:00 - 15:30</i>			