



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

Friday 9.8.			
Time	Yoga House Dorfstr. 60	Nature Meetingpoint Yoga House Dorfstr. 60	Chalet Haltenstrasse 18
14:00 - 14:30			
14:30 - 15:00			
15:00 - 15:30			
15:30 - 16:00			
16:00 - 16:30			Check In
16:30 - 17:00			
17:00 - 17:30	17:00 Welcome Marja-Liisa & Co.		
17:30 - 18:00	17:30 Hatha Yoga Marja-Liisa 90 Min	17:30 Breath Work Carmen 45 Min	
18:00 - 18:30			
18:30 - 19:00			
19:00 - 19:30			Dinner
19:30 - 20:00			
20:00 - 20:30			
20:30 - 21:00			

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-Lüsa 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			16:00 Ayurveda Pulse Diagnosis 1:1 Kumar 60 Min
16:00 - 16:30	16:30 Kraftvolles Vinyasa Carmen 90 Min		17:00 Ayurveda Pulse Diagnosis 1:1 Kumar 60 Min
16:30 - 17:00			18:00 Ayurveda Pulse Diagnosis 1:1 Kumar 60 Min
17:00 - 17:30			18:00 Dissolve negative beliefs/ Negative Glaubenssätze auflösen Marja-Lüsa 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 - 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			14:00 Ayurveda Pulse Diagnosis 1:1 Kumar 60 Min
14:30 - 15:00			
15:00 - 15:30			15:00 Ayurveda Pulse Diagnosis 1:1 Kumar 60 Min
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			
11:30 - 12:00			
12:00 - 12:30			Lunch
14:00 - 14:30			14:00 Ayurveda Pulse Diagnosis 1:1 Kumar 60 Min
14:30 - 15:00			
15:00 - 15:30	15:00 Vinyasa Yoga Carmen 90 Min		15:00 Ayurveda Pulse Diagnosis 1:1 Kumar 60 Min
15:30 - 16:00			
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			
19:00 - 19:30			Dinner

Tuesday 13.8.			
Time	Yoga House	Nature	Chalet
7:00 - 7:30		7:00	
7:30 - 8:00		Morning Meditation Carmen 60 Min	
8:00 - 8:30			Breakfast
8:30 - 9:00			
9:00 - 9:30			
9:30 - 10:00			
10:00 - 10:30	10:00 Yin Yoga Carmen 75 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 - 12:00			
12:00 - 12:30			Lunch
14:00 - 14:30		14:00 Hiking Alessandro	
14:30 - 15:00			
15:00 - 15:30			
15:30 - 16:00			
16:00 - 16:30			
16:30 - 17:00			
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			
19:30 - 20:00			

Wednesday 14.8.			
Time	Yoga House	Nature	Chalet
7:00 - 7:30		7:00	
7:30 - 8:00		Morning Meditation Carmen 60 Min	
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			
11:30 - 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 - 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		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			

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

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			

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

*Yoga House
Dorfstr. 60*

*Nature
Meetingpoint
Yoga House
Dorfstr. 60*

*Chalet
Haltenstr. 18*