



	MONDAY 02/05	TUESDAY 03/05	WEDNESDAY 04/05	THURSDAY 05/05	FRIDAY 06/05	SATURDAY 07/05	SUNDAY 08/05
07h - 07h45		Hot yoga flow 32°	Hot yoga flow 32°	Hot yoga power 34°	Hot yoga flow 32°		
08h - 08h45		Hot yoga power 34°	Hot yoga power 34°	Body Breath Icebath	Hot yoga power 34°		
08h45 - 09h		Meditation	Meditation		Meditation		
09h- 09h45							Hot yoga restorative 26°
10h- 12h						Tantric Awakening Workshop by Steffy	10h-10h45 Hot yoga flow 32°
12h- 12h45			Hot yoga restorative 32°	Hot yoga power 34°	Hot yoga signature 32°		Hot yoga restorative 26°
12h45- 13h				Meditation	Meditation	12:30h - 13:15h Hot yoga power 36°	Meditation
18h - 19h	Kundalini Rising by Steffy	Ecstatic Breath Codes - Transform by Steffy	Ecstatic Breath Codes - Surrender by Steffy	Future Self Journey by Steffy	Kundalini Rising by Steffy		
19h15 - 20h	Hot yoga restorative 26°	Hot yoga restorative 26°	Hot yoga restorative 26°	Hot yoga restorative 26°	Hot yoga restorative 26°		