

# Yoga Retreat

## in Zanzibar

### Daily program

#### Day 1 13. September – Friday

16:05\* Departure DK

\*Please check flight information

#### Day 2 14. September – Saturday

07:55\* Arrival ZNZ

(09:30-10:30) Transfer

(12:00) Welcome & Lunch

(14:00) Check-in

17:00 Yin Yoga Class  
*Cathrine Koefoed*

19:30 Dinner

#### Day 3 15. September – Sunday

07:30 Yang Yoga Class  
*Cathrine Koefoed*

09:00 Breakfast

17:00 Yin Yoga Class  
*Cathrine Koefoed*

19:30 Dinner

#### Day 4 16. September – Monday

07:30 Yang Yoga Class  
*Cathrine Koefoed*

09:00 Breakfast

17:00 Yin Yoga Class  
*Cathrine Koefoed*

19:30 Dinner

#### Day 5 17. September – Tuesday

Breakfast

(09:00-13:00) Snorkeling trip

17:00 Yin Yoga Class  
*Cathrine Koefoed*

19:30 Dinner

#### Day 6 18. September – Wednesday

07:30 Yang Yoga Class  
*Cathrine Koefoed*

09:00 Breakfast

17:00 Yin Yoga Class  
*Cathrine & Katrine*

19:30 Dinner

# Yoga Retreat

in Zanzibar

## Daily program

### Day 7 19. September - Thursday

07:30 Yang Yoga Class  
*Katrine Suhr*

09:00 Breakfast

17:00 Yin Yoga Class  
*Katrine Suhr*

19:30 Dinner

### Day 8 20. September - Friday

07:30 Yang Yoga Class  
*Katrine Suhr*

09:00 Breakfast

17:00 Yin Yoga Class  
*Katrine Suhr*

19:30 Dinner

### Day 9 21. September - Saturday

07:30 Yang Yoga Class  
*Katrine Suhr*

09:00 Breakfast

17:00 Yin Yoga Class  
*Katrine Suhr*

19:30 Dinner

### Day 10 22. September - Sunday

07:30 Yang Yoga Class  
*Katrine Suhr*

09:00 Breakfast

11:00 Check-out

17:00 Early Dinner

19:00 Transfer

23:10\* Departure ZNZ

\*Please check flight information

### Day 11 23. September - Monday

13:50\* Arrival DK

Contact information:

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