

FRIDAY	SATURDAY	SUNDAY
	8:30 - 8:50 am: ✨ Meditation (optional)	8:30 - 8:50 am: ✨ Meditation (optional)
	🍴 8:30 - 10:00 am: Breakfast	🍴 8:30 - 10:00 am: Breakfast
Arrival & Check-In to the room 👛 Possible from 4:00 pm	10:00 - 11:00 am: 2. Session 🧘 Fascia training for your Tango 11:15 - 12:45 pm: 3. Session 🧘 Tango technique: Focus on feet & legs	10:00 - 11:00 am: 6. Session 🧘 Ballet for your Tango 11:15 - 12:30 pm: 7. Session 🧘 Tango technique: complex figures & adornos
5:15 - 6:00 pm: Welcome Round 🕊 Getting acquainted & personal reflection	🍴 1:00 - 3:00 pm: Lunch & Break 3:00 - 4:30 pm: 4. Session 🧘 Tango technique: clean basics	12:30 - 1:00 pm: Closing Circle 💕 Reflection & Farewell 🍴 1:00 pm: Lunch & Departure
6:00 - 7:50 pm: 1. Session 🧘 Stretching & Mobility	☕ 4:30 - 5:30 pm: Coffee & Tee 5:30 - 6:45 pm: 5. Session 🧘 Yoga & Relax	
🍴 7:00 pm: Dinner 🕯 Wind down & chatting in the sofa room 🧘 or sauna	🍴 7:00 pm: Dinner 🕯 Wind down & chatting in the sofa room 🧘 or sauna	

The entire programme takes place in the main room "Hauptraum"