

SPORT

Yoga weekend in Weggis

**DATES** 06.12.2025 – 07.12.2025**ADDRESS** Seestrasse 53
6353 Weggis
Switzerland**CONTACT** kontakt@nicoledianakaufmann
 to the website

Yoga weekend in Weggis

Treat yourself to a nourishing short break in Weggis on Lake Lucerne. Time for yourself. Take a deep breath and enjoy the end of the year.

With lots of lightness, a smile on your face and a view of the lake, you enjoy time for yourself.
Programme Saturday: 10.30 - 12.30 Arrive & breathe deeply with gentle yoga, followed by lunch and free time 16.00 - 18.15 Gentle Hatha Yoga & Yin Yoga, followed by dinner
Programme Sunday: 7.30 - 8.45 a.m. Wake up & mobilize with gentle yoga, followed by breakfast 10.30 - 12.15 a.m. Yoga for your nervous system, followed by the journey home
Course registration: kontakt@nicoledianakaufmann.ch