

# JOIN BORNHOLM

at

**DUEODDE FAMILY  
CAMPING & HOSTEL**

- Hatha Yoga ·
- Yin Restorative Yoga ·
- Vinyasa Yoga ·
- Yoga for begginers ·
- Meditation ·
- Pilates ·
- Beach Workout ·
- Power Flow Yoga ·



**Program takes place from 1.07 to 18.08  
and is partially free for the guests of the  
Dueodde Familiecamping & Hostel**

# COME JOIN US!

**TRADITIONAL HATHA YOGA** Postures (asana) are practiced at the slower pace in order to improve strength and flexibility, calm the mind and increase concentration. Physical practice is usually followed by pranayama (breathing techniques) and short meditation. All levels are welcome.

**GENTLE VINYASA YOGA** Vinyasa yoga involves a "flow" from one position to the next while maintaining a steady rhythm of breath. Once the movements become more familiar, we can feel like in a moving meditation. We recommend Vinyasa Yoga to intermediate and advanced practitioners.

**YIN RESTORATIVE YOGA** A mixture of two less dynamic styles in which we hold each posture for a little longer to reach and stretch deeper tissues of our body: joints, tendons and ligaments. We use help of extra mats and blankets to make positions more accessible and enter the state of full relaxation in our body and mind. Suitable for everyone.

**POWER FLOW** Dynamic asana-based practice that focuses on mobility and strength. Recommended for intermediate and advanced practitioners.

**YOGA FOR BEGGINERS** Do you feel too stiff for yoga? Everyone tells you to start doing yoga, but you don't know how? During this class we will explore some easy movements and techniques that will make you more aware of your body, healthier and more calm.

**PILATES** Let's go for a beach and focus on core muscles! Pilates improves balance, strengthen muscles, reduces stress level and improves our well-being. It's also a great movement for those who suffer from back pains. Conjunction of strengthening and stretching with elements of deep breath is a magical mixture to stay in balance.

**BEACH WORKOUT** Beach Workout is based on interval training and combines strength and stamina exercises. It's a great way to burn calories and challenge your whole body.

## ABOUT THE TEACHER

KAJA has been teaching yoga for 6 years. She's also a certified personal&medical trainer and a fitness instructor. She knows how to motivate and make you sweat while keeping a smile on! Her yoga sessions are insightful and create better connection between your body and mind.



WANT TO KNOW MORE? ASK A QUESTION?  
CONNECT WITH THE TEACHER?  
Join the Whatsapp chat through the QR code.

# JOIN BORNHOLM

Program Dueodde Familiecamping & Hostel (1.07 - 18.08)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9.00 Hatha Yoga (75min) *	8.30 Breath & Meditation *	9.15 Yoga for beginners		9.00 Hatha Yoga (75min) *	
	10.30 Pilates	9.15 Power Flow *	10.30 Beach Workout		10.30 Pilates	
		10.30 Yin Yoga				16.30 Gentle Vinyasa Yoga

All classes in white are free for the guests of Dueodde Familiecamping&Hostel

\* **Classes charged extra - 50 dkk / 7 €**

Payment to the teacher before the class in CASH ONLY

\* Breath&Meditation is donation based - pay as you wish

• ALL CLASSES ARE CONDUCTED IN ENGLISH

• CHILDREN UNDER 13 YEARS CAN ATTEND

THE CLASSES FOR FREE

• WE HAVE YOGA MATS AND BLANKETS

• DON'T FORGET A TOWEL AND WATER

• GUESTS NOT STAYING AT OUR

CAMPSITE DKK 50 PER PERSON.

## LOCATION

We practice on the beach - follow the gravel road from the swimming pool towards the edge of the camping. Collect the yoga mat and blanket from the chest at the meeting point. Follow the path to the beach.



# DUEODDE FAMILY CAMPING & HOSTEL

One of Bornholm's most beautiful campsites situated right next to the beach. Campsite, hostel, swimming pool and cafe. Nature experiences, active holiday and free internet ...



Enjoy Bornholm at one of Denmark's most beautiful sandy beaches. Come with your own caravan, tent, camper, or rent one of our hostel rooms with private shower / toilet. As a guest, you get **yoga, beach workout and pilates classes for free.**

In the café, we serve great coffee, cake, delicious cafe dishes and pizza for lunch. On the evening menu you will find juicy steaks, a large pizza buffet with salad bar, children's dishes. The swimming pool is open every day, 1.

June to 31. August. The water in the pool is heated up to 26 degrees throughout the season, so remember your swimwear.

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