
FREQUENTLY ASKED QUESTIONS

How do I get all accesses?

Before the retreat starts you will receive an email with all information you need for the retreat and the Zoom link. In the email you will get access to a website where you can download the workbook, recipe book and schedule.

How the live session take place?

The live sessions take place via Zoom. You don't need an account and don't have to log in, but you have to install zoom on your device.

You can find all information about Zoom here: <https://www.zoom.us>

I can't attend every Zoom session, how will I access the recording.

Don't worry you won't miss anything. You will receive an email after each session with a link to the recording. The recording will be available for 14 days after the retreat.

I have chronic illnesses and physical complaints, can I still participate?

This retreat is a gentle self-care retreat from the comfort of your own home. You decide the pace and what you are able to do.

For legal and qualitative reasons, we cannot make any diagnoses or give therapeutic recommendations.

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I am a beginner in Ayurveda and Yoga, can I still participate?

Of course. This Home Retreat is open for any person, regardless of his or her condition, previous knowledge or experience.

The only prerequisite is the calling to awaken your holistic, healthy, happier side and to commit to a long weekend of indulgent self-care.

I am pregnant, can I still participate?

Yes of course you can participate if you are pregnant. Please inform us before and only do what feels good for you and your baby in yoga.