



JOIN BORNHOLM

By
**DUEODDE
FAMILY CAMPING
& HOSTEL**



yoga · meditation · outdoor
· beach workout · pilates
yoga · color dance · dance
flow · yoga · color dance ·
meditation · pilates · yoga
beach workout · dance ·
pilates · yoga · meditation
· color dance · beach workout
· meditation · workout · yoga · beach
workout · meditation · color dance ·
yoga · color dance · pilates · beach workout
· pilates · meditation · color dance

**ALL JOIN BORNHOLM ACTIVITIES
ARE FREE FOR OUR GUESTS**

COME JOIN US!

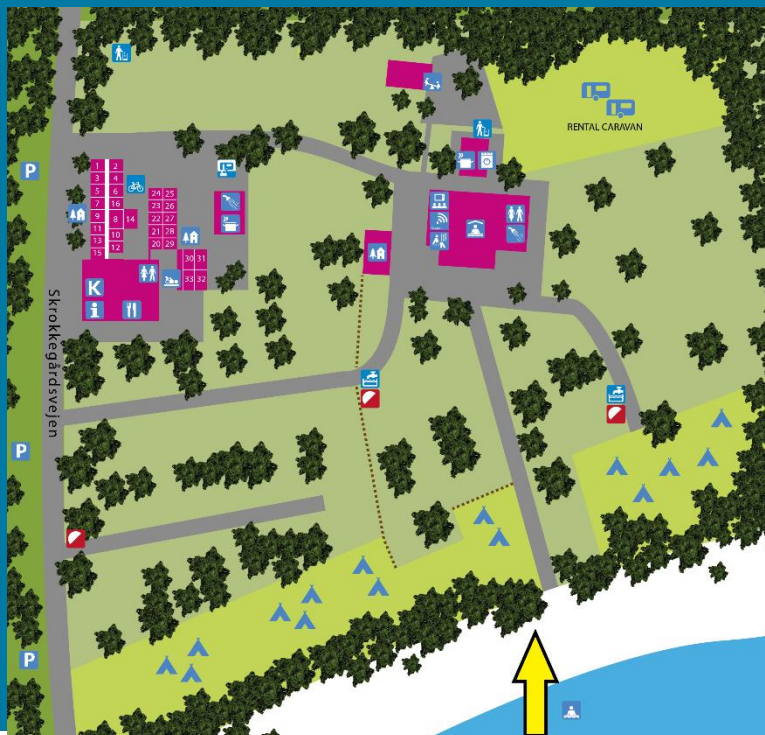
YOGA I: Vinyasa yoga involves a "flow" from one position to the next. This method basically leads to the participants having a more physically demanding session, which makes it a good choice for mobility and strengthening of the muscles with low impact - ideal for a lighter session or "active recovery".

YOGA II: Restorative yoga creates balance in the nervous system. It works therapeutically as the body is allowed to rest and thereby heal itself. Body and mind enter into a collaboration and help us get rid of e.g. stress, depression, anxiety, insomnia, muscle tension.

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.

BEACHWORKOUT: 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.

COLOR DANCE: A fun and different dance evening for both children and adults. We'll dance on the beach to the Bollywood music and simple steps. Everyone is given Holi colors to throw in the air and on each other. Wear a white T-shirt and come have a great evening full of beautiful colors.



JOIN B RNHOLM

Program Dueodde Familiecamping & Hostel

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
Yoga I 9:00-10:00	Meditation 8:30-9:00	Beach workout 09:00-10:00	Meditation 8:30-9:00	Yoga II 9:00-10:00	Beach workout 10:00-11:00	
Pilates 10:15 - 11:15	Yoga II 9:00 - 10:00	Yoga I 10:15-11:15	Pilates 9:00-10:00	Yoga I 10:15 -11:15	Yoga II 11:15 - 12:15	
Color dance 19:00-20:00						

Program week 27 -33 (05.07 – 21.08)

- **JOIN BORNHOLM has yoga mats and blankets**
- **Meeting place, look at the map**
- **In bad weather we cancel**
- **Meeting time 10 min before activity begins**
- **Remember a bottle of water**
- **Guest not staying on our campsite DKK 50,- per person. Payable at reception before the activity starts.**
- **All children are welcome**

DROP IN:

Classes are drop in, and registration is not required. We meet at the “Yoga tent” at Dueodde Familiecamping & Hostel. Guest not staying on the campsite or hostel: Drop in price DKK 50, - Payment in the reception before class. **FREE FOR OUR GUESTS staying at Dueodde Familiecamping & Hostel**

More info at www.dueodde.dk

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, or a rental caravan. As a guest, you get **yoga, beach workout, color dance and much more 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.

www.dueodde.dk

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