Schedule for **Gaga Weekend at Schloss Elmau**

/ November 2026

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THURSDAY | November 5

Arrival to Schloss Elmau
5:30-6:45 pm / Welcome talk, followed by Gaga class
From 7:00 pm / Dinner in the restaurant La Salle

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FRIDAY | November 6

From 7:30 am / Breakfast
10:00-11:00 am / Gaga
11:30-12:45 pm / Gaga/metodika
1:00-2:00 pm / Lunch in the restaurant La Salle
6:00-7:00 pm / Gaga
From 7:00 pm / Dinner in the restaurant La Salle

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SATURDAY | November 7

Coffee + light snacks before the class
8:30-9:30 am / Gaga
9:30-11:00 am / Breakfast
11:30 am-1:00 pm / Gaga/metodika + conversation
1:00-2:00 pm / Lunch in the restaurant La Salle
6:00-7:00 pm / Gaga
8:00 pm / Dinner in the Summit Pavilion

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SUNDAY | November 8

From 7:30 am / Breakfast
10:00-11:00 am / Gaga
11:00-11:30 am / Closing conversation with the teachers
**Checkout should be done before 12:00*
12:30-2:00 pm / Farewell lunch in the restaurant La Salle

** All classes will be held in the Yoga Pavilion (Retreat).*
** This schedule is subject to change.*