

VULCANO

Unplug

04.06 - 10.06

FOR A WEEK!

PROGRAMME



SUNDAY 04.06

15:00h - Welcome to the participants. Handing out of the programme, group rules and 'La Vida Sana' material.
Practical Mindfulness exercise.

19:00h - Dinner and Mindfulness.

MONDAY 05.06

08:00h - Yoga.

10:00h - Activity (Hiking, Nordic Walking). Meditation '5 senses'.

13:30h - Lunch (Conscious Eating).

17:00h - Walking (Optional).

19:00h - Dinner.

TUESDAY 06.06

08:00h - Yoga.

10:00h - Module 1 (Alkaline Fasting, Mediterranean Diet, Stress and Relaxation).

13:30h - Lunch.

17:00h - Walking.

19:00 - Dinner.

WEDNESDAY 07.06

08:00h - Yoga.

10:00h - Paddle Surf with Kontra Ola.

13:30h - Lunch.

17:00h - Walking.

19:00h - Dinner.

THURSDAY 08.06

08:00h - Yoga.

10:00h - Module 2 (Mindfulness, Power of Thought, Lemon Exercise, Movement).

13:30h - Lunch.

17:00h - Walking with Be Movement.

19:00h - Dinner.

FRIDAY 09.06

08:00h - Yoga.

10:00h - Activity (Hiking, Nordic Walking).

13:30h - Lunch.

17:00h - Walking.

19:00h - Dinner.

SATURDAY 10.06

08:00h - Nordic Walking.

10:00h - Module 3 (Relaxation Methods, Working with Automatic Thoughts, Communication).

13:30h - Lunch.

15:00h - Farewell and final reflection.

SUNDAY 11.06

Departure.

FOR MORE INFORMATION AND EXPERIENCE BOOKINGS

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TO ADD FLIGHT TO THE EXPERIENCE

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