



Boshotel Vlodrop****, Vlodrop, The Netherlands

Get back in shape

DAY OF ARRIVAL

- 14:00 Check-in at the hotel
- 14:30 – 15:00 Welcome and introduction
- 15:00 – 17:00 Reset writing exercise followed by NanChi
Workout with relaxation
- 18:00 Dinner

DAY TWO

- 08:00 – 08:15 Weighing and measuring
- 08:15 – 09:15 NanChi Workout
- 09:30 Breakfast
- 11:00 – 12:30 Visionwalk
- 16:00 – 18:00 Reset Yourself followed by NanChi workout with
relaxation
- 18:30 Dinner

DAY THREE

- 08:00 – 08:15 Weighing and measuring
- 08:15 – 09:15 NanChi Workout
- 09:30 Breakfast
- 11:00 – 12:30 Fitwalk
- 16:00 – 18:00 Reset Yourself followed by NanChi workout with
relaxation
- 18:30 Dinner followed by 'variety show'

DAY OF DEPARTURE

- 08:00 – 08:15 Weighing and measuring
- 08:15 – 09:15 NanChi workout with relaxation
- 09:30 Breakfast
- 12:00 Check-out
- 12:15 See You Later fitwalk

The program is subject to availability, price and changes and manifest errors, no rights can be derived from them.