



Badhotel Domburg\*\*\*\*, Domburg, The Netherlands

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## Get back in shape

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### DAY OF ARRIVAL

- 15:00 Check-in at the hotel
- 15:30 – 16:00 Welcome and introduction
- 16:00 – 18:00 Reset writing exercise followed by NanChi  
Workout with relaxation
- 18:30 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.*