



Erfgoed Bossem***, Lattrop, The Netherlands

3-DAY SILENCE THE MIND WEEKEND

DAY OF ARRIVAL

- 14:00 Check-in at het hotel
- 15:30 – 16:30 Welcome and introduction
- 17:00 Introduction of the weekend by mindcoach Bart
- 18:30 Dinner – excluding drinks
- 20:30 Meditation session

DAY TWO

- From 08:00 Breakfast
- 10:00 – 12:00 Workshop *Silence the mind*
- 14:00 Walk (around 80 minutes)
- 15:30 – 16:00 Leisure time
- 18:30 Dinner – excluding drinks
- 20:30 Meditation session
- 21:30 Evening programme (outside, weather permitting)

DAY OF DEPARTURE

- From 08:00 Breakfast
- 10:00 – 12:00 Workshop *Silence the mind*
- 11:00 Check-out (storage of luggage possible for workshop)

The program is subject to availability, changes and obvious mistakes, no rights can be derived from this.