

Boshotel Vlodrop****, Vlodrop, The Netherlands

PEACE FOR BODY AND SOUL

DAY OF ARRIVAL

o 15:00 Check-in at the hotel o 17:00 Introduction and juice

o 17:45 - 19:15 Yoga o 19:30 Soup

o 20:30 Vegan broth

DAY TWO

o 08:00 - 09:30 Yoga/mediation class

o **09:30** Juice

o 10:00 - 11:30 Nature walk

o 12:00 Juice and salad wrap

o 15:00 Juice o 17:00 Juice o 17:30 - 19:00 Yoga o 19:00 Soup

o 20:30 Vegan broth

DAY OF DEPARTURE

o 08:30 - 10:00 Yoga walk in nature

o 10:00 Juice and nutrition workshop

o 12:00 Check-out and juice

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