



Boshotel Vlodrop\*\*\*\*, Vlodrop, The Netherlands

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## PEACE FOR BODY AND SOUL

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### DAY OF ARRIVAL

- 15:00 Check-in at the hotel
- 17:00 Introduction and juice
- 17:45 - 19:15 Yoga
- 19:30 Soup
- 20:30 Vegan broth

### DAY TWO

- 08:00 – 09:30 Yoga/mediation class
- 09:30 Juice
- 10:00 – 11:30 Nature walk
- 12:00 Juice and salad wrap
- 15:00 Juice
- 17:00 Juice
- 17:30 – 19:00 Yoga
- 19:00 Soup
- 20:30 Vegan broth

### DAY OF DEPARTURE

- 08:30 – 10:00 Yoga walk in nature
- 10:00 Juice and nutrition workshop
- 12:00 Check-out and juice