

# Weekly activities Puurenkuur Landofnow

Programme example with approximate times, subject to change.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Alignment based Yoga  Twists  <i>Rejuvenate and recover</i>	Alignment based Yoga  Backbends  <i>Open your heart</i>	Alignment based Yoga  Standing  <i>Find your strength</i>	Alignment based Yoga  Hips  <i>Strengthen your center</i>	Alignment based Yoga  Balancings  <i>Feel your open-mindedness</i>	Alignment based Yoga  Surya Namaskar  <i>Find your flow</i>	Alignment based Yoga  Twists  <i>Rejuvenate and recover</i>
	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
	Nature walk	Nature walk	Nature walk	Nature walk	Nature walk	Nature walk	Nature walk
	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
	Time for relaxation: Relax - Sauna – Liver packing.  To book: Acupuncture - Ritual foot bath – Yoga private class	Time for relaxation: Relax - Sauna – Liver packing.  To book: Acupuncture - Ritual foot bath – Yoga private class	Time for relaxation: Relax - Sauna – Liver packing.  To book: Acupuncture - Ritual foot bath – Yoga private class	Time for relaxation: Relax - Sauna – Liver packing.  To book: Acupuncture - Ritual foot bath – Yoga private class	Time for relaxation: Relax - Sauna – Liver packing.  To book: Acupuncture - Ritual foot bath – Yoga private class	Time for relaxation: Relax - Sauna – Liver packing.  To book: Acupuncture - Ritual foot bath – Yoga private class	Time for relaxation: Relax - Sauna – Liver packing.  To book: Acupuncture - Ritual foot bath – Yoga private class
		Ayurvedic Nutrition workshop			Ayurvedic Nutrition workshop		
	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
	Restorative Yoga	Evening walk / meditation	Yoga Nidra	Philosophy: Natural energetics	Restorative Yoga	Short meditation	Restorative Yoga