



Landgoed de Wilmersberg****, De Lutte, The Netherlands

PEACE FOR BODY AND SOUL

DAY OF ARRIVAL

- 15:00 Check-in at the hotel
- 17:00 Introduction and juice
- 18:00 Soup
- 19:30 – 21:00 Relaxing yoga workshop
- 21:00 Vegan broth

DAY TWO

- 09:00 – 10:00 Yoga/Pilates
- 10:00 Juice
- 10:30 – 11:30 Nature walk
- 12:00 Soup and salad
- 15:00 Juice
- 17:00 Juice
- 18:00 Soup
- 19:00 – 20:30 Relaxing yoga workshop with meditation
- 20:30 Vegan broth

DAY OF DEPARTURE

- 08:30 – 09:30 Yoga walk in nature
- 09:30 Juice and nutrition workshop
- 12:00 Check-out and juice