

WOMEN'S DAY WEEKEND

THE HOTEL RESERVES THE RIGHT TO MAKE CHANGES TO THE PROGRAM.
CHILDREN'S ACTIVITIES ARE INTENDED FOR CHILDREN AGED 4 AND UP.
*ADVANCE REGISTRATION IS REQUIRED; PLACES ARE LIMITED.

FRIDAY 06.03

SATURDAY 07.03

SUNDAY 8.03

BREAKFAST 7.00-10.30

9.00-10.00 LIVE COOKING

8.00-9.00 MORNING YOGA

10.30-11.00 VISIT TO THE ANIMAL ENCLOSURE – FEEDING THE ANIMALS, A WALK WITH ZOSIA THE DONKEY OR THE ALPACAS, AND A VISIT TO THE CHICKEN COOP.

15.00-15.30
LIVE BALINESSE
MASSAGE DEMONSTRATION

16.00-16.30
ASIAN CUISINE WORKSHOP*

17.00-18.00
SAUNA CARE SESSION

19.00-20.00
AROMATHERAPY SESSION - DOTTERRA ESENTIAL OILS AND
THEIR USES*

21.00-22.00
EVENING YOGA WITH RELAXATION

10.00-18.00
BEAUTY AND WELLNESS ZONE *
HYDROGEN CLEANSING AND CAVITATION, HAND CARE AND
PARAFFIN TREATMENT, BODY COMPOSITION ANALYSIS

11.00-13.00
CHILDREN'S ACTIVITIES: BUNNY ENCLOSURE, COOKIE
BAKING, AND AN OUTDOOR SCAVENGER HUNT.

12.00-13.00 FOREST WALK WITH WELLNESS GUIDE

16.00-16.30
YOGA FOR KIDS

17.00-17.45
BONFIRE WITH SAUSAGE BAKING

18.00-21.00
DINNER

18.00-19.00
YOGA FOR A HEALTHY SPAIN

19.00-21.00
EVENING MUSIC NIGHT WITH LIVE MUSIC

20.00-22.00
MEN'S CHILL ZONE
TASTING OF HOME LIQUIDS, BILARDS MATCHES, LIVE BALINESSE
MASSAGE DEMONSTRATION

20.00-24.00
ORIENTAL POOL PARTY FOR WOMEN*
DJ, DANCE PARTY, AQUA ZUMBA , SNACK BUFET AND OPENBAR WITH
PONCH, SAUNA RITUALS,
CONTENST AND QUIZZES

11.00-13.00
CHILDREN'S ACTIVITIES:
BUNNY ENCLOSURE, GLITTER TATOOS, AND WORSHOP FOR
KIDS „LITTLE GARDENER”

17.00-18.00
SAUNA CARE SESSION

20.00-20.30
AUDIORELAXATION

20.00-21.30 KIDS CINEMA WITH POPCORN