AUTUMN STAY PROGRAM

**PLEASE REGISTER AT THE RECEPTION; WORKSHOPS FOR ADULTS.

THE HOTEL RESERVES THE RIGHT TO MAKE CHANGES TO THE PROGRAM.

CHILDREN'S ACTIVITIES ARE INTENDED FOR CHILDREN AGED 4 AND ABOVE.

WEEKDAY ACTIVITIES (MONDAY-FRIDAY) TAKE PLACE WITH A MINIMUM GROUP OF 5 CHILDREN.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

7.00-10.30 BREAKFAST

09.00-10.00 LIVE COOKING

8.00-9.00 MORNING YOGA&BREATH

10.30-11.00 JOINT VISIT TO THE DOSŁOŃCE FARM WITH A CAREGIVER, LEARNING HOW TO INTERACT WITH ANIMALS, WALKING WITH ZOSIA THE DONKEY OR ALPACA

11.00-13.00

BUNNY PEN AND CREATIVE ARTS & CRAFTS 11.00-12.00 FOREST BATHING WITH A

WELLNESS GUIDE

11.00-13.00

BUNNY PEN AND A PAPER MASK-MAKING WORKSHOP 11.00-12.00

FOREST BATHING WITH A WELLNESS GUIDE

11.00-13.00

BUNNY PEN AND AUTUMN PASTA BEAD NECKLACES 11.00-13.00

BUNNY FARM, BAKING SPICED COOKIES AND PLAYING FIELD GAMES

11.00-13.00

BUNNY FARM, BAKING BUNS AND AUTUMN SEEDLINGS

13.00-14.00 SOUP FOR KIDS*

16.00-16.30**

AUTUMN FERMENTS SECRETS OF HOMEMADE PRESERVES 16.00-16.30**

BREATHWORK SESSION WITH A WELLNESS COACH

16.00-16.30** ASIAN COOKING

CUISINE

16.00-16.30**

BREATHWORK SESSION WITH A WELLNESS COACH

15.00-15.30**

OPEN CONSULTATION WITH WELLNESS COACH

12.00-13.00

FOREST BATHING WITH A WELLNESS GUIDE

17.00-17.30 DEMONSTRATION OF BALINESE MASSAGE TECHNIQUES

17.00-18.00 CARE STEAM SESSIOM 17.00-17.45 BONFIRE 17.00-18.00 CARE STEAM SESSIOM

> 18.00-18.30 YOGA FOR KIDS

16.00-16.30 YOGA FOR KIDS

> 17.00-17.30 BONFIRE

17.00-18.00

CARE STEAM SESSION

18.00-21.00

DINNER AT THE HARMONIA SMAKÓW RESTAURANT

20.00-20.30 AUDIORELAXATION

19.00-19.30
TASTING OF LOCAL
LIQUEURS

EVENING YOGA WITH RELAXATION

18.00-19.00 EVENING YOGA

19.00-21.00 MUSIC EVENING NIGHT 20.00-20.30 AUDIORELAXATION

20.00-21.00

CINEMA UNDER THE BLANKET - AUTUMN FAIRYTALE EVENINGS