

# 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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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

11.00-12.00\*  
FOREST BATHING WITH  
A WELLNESS GUIDE\*

11.00-12.00\*  
FOREST BATHING WITH A  
WELLNESS GUIDE\*

11.00-13.00  
BUNNY FARM, BAKING  
COOKIES AND PLAYING  
FIELD GAMES

11.00-13.00  
BUNNY FARM, BAKING  
ROLLS, GREEN  
SEEDLINGS

15.00-15.30 DEMONSTRATION OF BALINESE MASSAGE TECHNIQUES

12.00-13.00  
FOREST BATHING WITH  
A WELLNESS GUIDE

16.00-16.30\*  
GOLDEN ELIXIRS  
FOR HEALTH  
WORKSHOPS\*

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\*

16.00-16.30\*  
LOCAL FERMENTS  
SECRETS OF  
HOMEMADE  
PRESERVES\*

16.00-16.30  
YOGA FOR KIDS

17.00-18.00  
CARE STEAM  
SESSION

17.00-18.00  
CARE STEAM  
SESSION

17.00-18.00  
CARE STEAM SESSION

17.00-17.45  
BONFIRE

17.00-18.00  
CARE STEAM  
SESSION

18.00-21.00 DINNER AT THE HARMONIA SMAKÓW RESTAURANT

19.00-20.00  
BILLIARDS  
GAMES

19.00-20.00  
BOARD  
GAMES

19.00-20.00  
GAME BINGO!

19.00-20.00  
BILLIARDS  
GAMES

19.00-19.30  
TASTING OF LOCAL  
LIQUEURS

18.00-19.00  
EVENING YOGA FOR A  
HEALTHY SPAIN

20.00-21.00  
EVENING YOGA WITH  
RELAXATION

19.00-21.00  
MUSIC EVENING NIGHT

20.00-20.30  
AUDIORELAXATION

20.00-20.30 AUDIORELAXATION

20.00-21.30 KIDS CINEMA