

AUTUMN STAY PROGRAM



*FAMILY AUTUMN PACKAGE
**WORKSHOP FOR ADULTS,PLEASE REGISTER AT RECEPTION DESK
THE HOTEL RESERVE RIGHTS TO CHANGE STAY PROGRAM
ENTERTAINMENT FOR CHILDREN OVER 4 YEARS OF AGE

ANIMATIONS FROM MONDAY TO FRIDAY TAKE PLACE WITH A GROUP OF AT LEAST 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					8.00-9.00 MORNING YOGA & BREATHE	
10.30 JOINT VISIT TO THE DOSŁOŃCE FARM WITH A CAREGIVER, LEARNING HOW TO INTERACT WITH ANIMALS, WALK WITH ZOSIA AND THE ALPACAS						
11.00-12.00 FOREST BATH WITH WELLNESS GUIDE	11.00-12.00 FOREST BATH WITH WELLNESS GUIDE	11.00-13.00 BUNNY FARM AND ENCHANTED FARM: MASK-MAKING WORKSHOP	11.00-12.00 FOREST BATH WITH WELLNESS GUIDE	11.00-13.00 BUNNY FARM AND PASTA BEADS OF AUTUMN	11.00-13.00 BUNNY FARM, BAKING SPICED COOKIES AND PLAYING FIELD GAMES	11.00-12.00** WORKSHOP: AYURVEDA IN PRACTICE**
11.00-13.00 BUNNY PEN AND LEAVES INSPIRATION					12.00-13.00 FOREST BATH WITH WELLNESS GUIDE	11.00-13.00 BUNNY FARM, BAKING BUNS AND AUTUMN SEEDLINGS
13.00-14.00 WARMING SOUP FOR KIDS*						
16.00-17.00** AFTER OFFICE YOGA	16.00-16.30** ASIAN CUISINE WORKSHOP	16.00-16.30** BREATH SESSION WITH WELLNESS COACH	16.00-16.30** AUTUMN PICKLES - SECRETS OF HOMEMADE PRESERVES		16.00-17.00** AYURVEDIC CUISINE: INSPIRATION IN POLISH CUISINE	16.00-17.00 FOREST BATH WITH WELLNESS GUIDE
16.30-17.00 FAMILY MOMENT OF SWEETS - AFTERNOON TEA*						
17.00-17.30 BALI MASSAGE DEMONSTRATION						
			17.00-17.30 BONFIRE	17.00-18.00 PIEŁĘGNACYJNA SESJA W SAUNIE PAROWEJ	17.00-17.30 BONFIRE	
				18.00-18.30 AUTUMN YOGA FOR KIDS		
18.00-21.00 DINNER IN RESTAURANT						
				19.00-19.30 TASTING LOCAL LIQUIERS	19.00-21.00 EVENING NIGHT WITH LIVE MUSIC	
20.00-20.30 AUDIO RELAXATION				20.00-21.00 EVENING YOGA & RELAXATION	20.00-21.00 EVENING YOGA - DEEP REGENERATION	20.00-21.00 EVENING YOGA & RELAXATION
20.00-21.00 AUTUMN FAIRYTALE EVENING						

