

DAILY 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

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

17.00-18.00
CARE STEAM
SESSION

18.00-21.00 DINNER AT THE HARMONIA SMAKÓW RESTAURANT

18.00-21.00
DINNER AND BONFIRE WITH
LIVE MUSIC FROM 19:00

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

20.00-20.30
AUDIORELAXATION

20.00-20.30 AUDIORELAXATION

20.00-21.30 KIDS CINEMA