

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
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	
15.00-15.30 DEMONSTRATION OF BALINESE MASSAGE TECHNIQUES					11.00-13.00 BUNNY FARM, BAKING ROLLS, GREEN SEEDLINGS	
16.00-16.30* GOLDEN ELIXIRS FOR HEALTH WORKSHOPS*		16.00-16.30* BREATHWORK SESSION WITH A WELLNESS COACH*		12.00-13.00 FOREST BATHING WITH A WELLNESS GUIDE		
16.00-16.30* ASIAN COOKING CUISINE*		16.00-16.30* BREATHWORK SESSION WITH A WELLNESS COACH*		16.00-16.30 YOGA FOR KIDS		
16.00-16.30* LOCAL FERMENTS SECRETS OF HOMEMADE PRESERVES*		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		17.00-18.00 CARE STEAM SESSION		
18.00-21.00 DINNER AT THE HARMONIA SMAKÓW RESTAURANT					17.00-18.00 CARE STEAM SESSION	
19.00-20.00 BILLIARDS GAMES		19.00-20.00 BOARD GAMES		19.00-20.00 GAME BINGO!		
19.00-20.00 BILLIARDS GAMES		19.00-20.00 BILLIARDS GAMES		19.00-20.00 BILLIARDS GAMES		
19.00-20.00 TASTING OF LOCAL LIQUEURS		19.00-20.00 TASTING OF LOCAL LIQUEURS		19.00-20.00 TASTING OF LOCAL LIQUEURS		
20.00-21.00 EVENING YOGA WITH RELAXATION		20.00-21.00 EVENING YOGA WITH RELAXATION		20.00-21.00 EVENING YOGA WITH RELAXATION		
20.00-20.30 AUDIORELAXATION					20.00-20.30 EVENING YOGA FOR A HEALTHY SPAIN	
20.00-20.30 AUDIORELAXATION					20.00-20.30 AUDIORELAXATION	
20.00-21.30 KIDS CINEMA					20.00-21.30 KIDS CINEMA	