



## HEALTH & HAPPINESS COURSE PROGRAM

DAY	ACTIVITY	DETAILS
DAY 1	Meeting the course leader	Introduction to the course
	Tour around the venue and the facilities	
	Blood test	Personal questionnaires filled before arrival
	Breakfast	
	Introduction to course nutrition program and targets	
	Nutrition consultation	
	Smoothie break	
	Personal assessments	Setting the course goal
	Open air training	Enjoying the best of surrounding nature
	Lunch break	Seasonal local specialities
	Beauty & system detox treatments	Individual consultation
	Excursion & training	Boat; surf; SUB; kite; horse riding
	Dinner	
	Mediation class	
	Relaxation and rest	
DAY 2	Breakfast	
	Personalized morning workout	
	Healthy cooking class	General principles
	Healthy snack break	
	Psychologist consultation	Can include sleep treatment
	Excursion & training	Jogging; cycling; climbing; walking
	Lunch break	
	Rest time	Can be added personal consultation
	Beach workout	
	Relaxation	
	Dinner	Healthy meal with local seasonal ingredients
	Sunset yoga session	
	Rest and reading time	Preparing for the next step
DAY 3	Breakfast	
	Personalized morning workout	
	Visit to local agricultural estate	Learning about organic & healthy food
	Lunch break	Seasonal local specialities
	Cooking lesson	Healthy meals to achieve personal goals
	Outdoor training	Enjoying the best of surrounding nature
	Relaxation	
	Dinner	
	Beauty & system detox treatments	Individual consultation
	Rest and reading time	
DAY 4	Breakfast	
	Personalized morning workout	
	Psychologist consultation. Reading astral map.	Individual consultation
	Smoothie break	
	Excursion & training	Boat; surf; SUB; kite; horse riding
	Lunch break	
	Relaxation	Sleeping, reading; beach time
	Outdoor training	
	Smoothies break	
	Cooking lesson - healthy dinner	
	Dinner	Learn to eat healthy & tasty
	Sunset yoga session	Individual consultation
	Rest and reading time	

<b>DAY 5</b>	Breakfast	
	Personalized morning workout	
	Outdoor excursion	Jogging; cycling; climbing; walking
	Smoothie break	
	Cooking lesson	Healthy meals to achieve personal goals
	Lunch break	
	Mediation class	Can include sleep treatment
	Outdoor training	
	Relaxation	
	Dinner	
	Beauty & system detox treatments	Individual consultation
	Rest and reading time	
<b>DAY 6</b>	Breakfast	
	Personalized morning workout	
	Excursion to local agricultural estate	Learn about organic food production
	Lunch break at estate	
	Outdoor training	Or beach yoga
	Cooking lesson	Healthy dinner options
	Dinner	
	Sunset beach training	Relaxation session
	Rest time	
<b>DAY 7</b>	Blood test	
	Breakfast with course leader	
	Personalized morning workout	
	Personal assessments	
	Outdoor training + excursion	
	Lunch break	
	Nutrition consultancy	
	Cooking lesson	
	Dinner with Nutritionist	
	Psychologist consultation	Meditation. Sleep treatment.
	Rest and reading time	