



Detoxweekend, Hotel the Bilderberg****, Oosterbeek, The Netherlands

PEACE FOR BODY AND SOUL

FRIDAY

- 17:00 Welcome, introduction and juice
- 18:00 Soup
- 20:00 – 21:30 Relaxing yoga workshop with meditation
- 21:30 Vegan broth

SATURDAY

- 08:00 – 09:00 Nature walk
- 09:00 Juice
- 11:00 – 12:00 Yoga/Pilates
- 12:00 Soup and salad wrap
- 15:00 Juice
- 17:00 Juice
- 18:00 Soup
- 20:00 – 21:30 Relaxing yoga workshop with meditation
- 21:30 Vegan broth

SUNDAY

- 08:00 – 09:30 Yoga walk in nature
- 09:30 Juice and nutrition workshop
- 12:30 Juice

The program is subject to availability, price and changes and manifest errors, no rights can be derived from them.