



Landgoed de Wilmersberg****, De Lutte, The Netherlands

PEACE FOR BODY AND SOUL

DAY OF ARRIVAL

- 15:00 Check-in at the hotel
- 17:00 Introduction and juice
- 18:00 Soup
- 20:00 – 21:30 Relaxing yoga workshop with meditation
- 21:30 Vegan broth

DAY TWO

- 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

DAY OF DEPARTURE

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