



Weekly Activity Schedule

Meet in front of the Reception	Yoga Shala / Downstairs Meditation Room
Raw Restaurant	Fitness Room

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00 08:00	MORNING WALK	MORNING WALK	MORNING WALK	MORNING WALK	MORNING WALK	MORNING WALK	MORNING WALK
08:00 09:30							
09:30 11:00	YOGA DYNAMIC GROUNDING	YOGA DYNAMIC GROUNDING	YOGA DYNAMIC GROUNDING	YOGA DYNAMIC GROUNDING	YOGA DYNAMIC GROUNDING	YOGA DYNAMIC GROUNDING	YOGA DYNAMIC GROUNDING
11:00 12:00		LONGEVITY TALK DR. BEDREDDIN					
12:00 13:00							
13:00 14:00							
14:00 15:00	GENTLE YOGA	GENTLE YOGA	GENTLE YOGA	GENTLE YOGA	GENTLE YOGA	GENTLE YOGA	GENTLE YOGA
15:00 15:30	MEDITATION BREATH	MEDITATION EMOTIONS	MEDITATION INTUITION	MEDITATION FOCUS	MEDITATION MANIFESTATION	MEDITATION AWARENESS	MEDITATION SOUND
15:30 16:00							
16:00 17:00	FUNCTIONAL FITNESS TRAINING		FUNCTIONAL FITNESS TRAINING		FUNCTIONAL FITNESS TRAINING		
17:00 18:00	RAW FOOD & JUICE WORKSHOP	MENTAL WELLNESS @TLC ORIENTATION TALK	LIFE AFTER PROGRAM TALK: NUTRITION	WELLNESS THERAPIES BIOHACKING & IV SUPPLE'S	DIGESTIVE WELLNESS TALK DR. CENGIZ BABACAN	LIFE AFTER PROGRAM TALK: NUTRITION	LIFE STYLE CHANGE & MINDFUL LIVING TALK
18:00 19:00							
19:00 20:00							
19:00 20:00	PROGRESSIVE MUSCLE RELAXATION	MEDITATION AS A TOOL FOR CHANGE WORKSHOP	MINDFUL DRAWING WORKSHOP	DANCE & HEAL THERAPY			