



WEEKLY ACTIVITY SCHEDULE

	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
09:30 11:00	YOGA DYNAMIC (Beginner - Mid Level) GROUNDING	YOGA DYNAMIC (Beginner - Mid Level) GROUNDING	YOGA DYNAMIC (Beginner - Mid Level) GROUNDING	YOGA DYNAMIC (Beginner - Mid Level) GROUNDING	YOGA DYNAMIC (Beginner - Mid Level) GROUNDING	YOGA DYNAMIC (Beginner - Mid Level) GROUNDING	YOGA DYNAMIC (Beginner - Mid Level) GROUNDING
11:00 12:00	COMMUNITY EXPERIENCE SHARING	LONGEVITY TALK DR. BEDREDDİN ULUSOY	COMMUNITY EXPERIENCE SHARING				
14:00 15:00	YOGA GENTLE (Beginner - Mid Level)	YOGA GENTLE (Beginner - Mid Level)	YOGA GENTLE (Beginner - Mid Level)	QI GONG	YOGA GENTLE (Beginner - Mid Level)	YOGA GENTLE (Beginner - Mid Level)	YOGA GENTLE (Beginner - Mid Level)
15:00 15:30	MEDITATION BREATH	MEDITATION EMOTIONS	MEDITATION INTUITION	MEDITATION FOCUS	MEDITATION MANIFESTATION	MEDITATION AWARENESS	MEDITATION SOUND
16:00 16:40	FUNCTIONAL FITNESS TRAINING		FUNCTIONAL FITNESS TRAINING		FUNCTIONAL FITNESS TRAINING		
17:00 18:00	WELLNESS CUISINE RAW FOOD & JUICE WORKSHOP	MENTAL WELLNESS AT THELIFECO ORIENTATION	LIFE AFTER PROGRAM TALK NUTRITION PART	WELLNESS THERAPIES TALK BIOHACKING & IV SUPPLEMENTS	DIGESTIVE WELLNESS TALK DR. CENGİZ BABACAN	LIFE AFTER PROGRAM TALK NUTRITION PART	LIFE STYLE CHANGE & MINDFUL LIVING TALK
20:00 21:00	PROGRESSIVE MUSCLE RELAXATION SOMATIC EXERCISE	MEDITATION AS A TOOL FOR CHANGE WORKSHOP	MINDFUL DRAWING WORKSHOP	DANCE & HEAL ACTIVITY			BREATHING MEDITATION

*Please note that there may be last-minute changes in activity locations. Kindly check with the reception for updated information

Meet in Front
of the Reception

Downstairs
Meditation Room

Juice Bar

Fitness Saloon

Juicebar &
Restaurant