

Infinite Being Academy presents from the 23 to the 27th June 2022

ENERGY COACHING BREAK

RESERVATIONS

Full Program:

Thursday 23rd

14.00 - 17.00: Arrival and settling in.
17.00 - 19.00: Introduction and fun games
19.30: Dinner

Friday 24th

08.30 - 10.00: Morning meditation + Yoga and Qi Gong
10.00 - 11.00: Breakfast
12.00 - 14.00: Teaching
14.00 - 17.00: Lunch and siesta (Time for private therapy)
17.00 - 19.00: Teaching
19.30: Dinner

Saturday 25th

08.30 - 10.00: Morning meditation + Yoga and Qi Gong
10.00 - 11.00: Breakfast
12.00 - 14.00: Teaching
14.00 - 17.00: Lunch and siesta (Time for private therapy)
17.00 - 19.00: Biodanza
19.30: Dinner

Sunday 26th

08.30 - 10.00: Morning meditation + Yoga and Qi Gong
10.00 - 11.00: Breakfast
11.00 - 13.00: Teaching
13.00 - 17.00: Mountain walk + Picnic Lunch
19.30: Dinner
20.00: Evening meditation

Monday 27th

08.30 - 10.00: Morning meditation + Yoga and Qi Gong
10.00 - 11.00: Breakfast
12.00: Hugs and goodbye

