

Program

(May be subject to change)

Monday

10-14h	Private sessions
16 - 17h	Arrival, welcome juice, room allocation
17 – 20h	Group welcome, Program intro, Resosense Intro, Group DEA
20h	Dinner

Tuesday

7 - 8h	Morning movement / body preparation
8:30	Breakfast
9:30-12:30	Program (2 hours Resosense, 1 hour DEA)
13h	Lunch
14 - 17h	Free time / Discover
17 - 20h	Program (2 hours Resosense, 1 hour DEA)
20h	Dinner

Wednesday

7 - 8h	Morning movement / body preparation
8:30	Breakfast
9:30-12:30	Program (2 hours Resosense, 1 hour DEA)
13h	Lunch
14 - 17h	Free time / Transform
17 - 20h	Program (2 hours Resosense, 1 hour DEA)
20h	Dinner

Thursday

7-8h	Morning movement / body preparation
8:30	Breakfast
9:30-12:30	Program (2 hours Resosense, 1 hour DEA)
13h	Lunch
14 - 17h	Free time / Awaken
17 - 20h	Program (2 hours Resosense, 1 hour DEA)
20h	Dinner

Friday

7-8h	Morning movement
8:30	Breakfast
9:30 - 11h	Program Review, Wrap up and Farewell
12 - 14h	Private sessions