

## A Typical Day the Art of Life School Program

<b>07:00 – 08:00h</b> AL I, II, III WS	<b>Early morning session</b> Do-In Exercises	Jarka Adamcova
<b>08:00 – 08:30h</b>	<b>Breakfast</b>	
<b>09:00 – 10:30h</b> AL I C AL II D AL III OU	<b>Morning session I</b> Various Rice & other Cereal Dishes Study of the Feet, Hands & Nails Credo & Non Credo	Horriah Nelissen Alex Jack Patrick Sturzenegger
<b>11:00 – 12:30h</b> AL I H AL II OU AL III C	<b>Morning session II</b> The 7 Stages of Illnesses The 7 Levels of Consciousness Cooking for a Strong Heart	Phillip Jannetta Adelbert Nelissen Jeanne v/d Heuvel
<b>12:30 – 13:30h</b>	<b>Lunch</b>	
<b>14:00 – 15:30h</b> AL I WS AL II C AL III D	<b>Afternoon session I</b> The Making of Condiments Cooking for Cravings Diagnosis with all Sences	Horriah Nelissen Wieke Nelissen Alex Jack
<b>15:30 – 16:30h</b>	<b>Tea Time</b>	
<b>16:30 – 18:00h</b> Cooking Class Workshop Workshop	<b>Afternoon session II – Make Your Choice!</b> Happy Macrobiotic Sweets Barefoot Shiatsu Sho-Do, Japanese Caligraphy	Patricio Garcia de Paredes Nini Kossen Hiroko Ara
<b>18:00 – 19:00h</b>	<b>Dinner</b>	
<b>20:00 – 21:30h</b> Lecture	<b>Evening session</b> Realising your Personal Dream	Klaus Schubring
<b>21:30 – 24:00h</b> Ginger Compress Treatment Late Night Movie The Planet Salsa Workshop Café de la Paix	<b>Late evening</b>	WS Workshop C Cooking Class D Diagnosis OU Order of Universe H Healing