

A Typical Day Summer Conference Program

Make Your Choice!

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|-----------------------------|---|----------------------------|
| 07:00 – 08:00h | Early morning session | |
| Workshop | Do-In Exercises | Adelbert Nelissen |
| Workshop | T'ai Chi Chuan | Bob Carter |
| Workshop | Yoga | Ina Poljak |
| Workshop | Nordic Walking | Ula Iwanik |
| 08:00 – 08:30h | Breakfast | |
| 09:00 – 10:30h | Morning session I | |
| Cooking Class | International Noodle Festival | Horriah Nelissen |
| Lecture | It All Begins in the Family | Patricio Garcia de Paredes |
| 11:00 – 12:30h | Morning session II | |
| Cooking Class | Summer Salads and Dressings | Caroline Delacoute |
| Workshop | Dance Workshop for Women | Olga Uhrin |
| 12:30 – 13:30h | Lunch | |
| 14:00 – 15:30h | Afternoon session I | |
| Lecture | On the Origin of Species, Minds & Spirits | Adelbert Nelissen |
| Workshop | Sho-Do, Japanese Calligraphy | Hiroko Ara |
| 15:30 – 16:30h | Tea Time | |
| 16:30 – 18:00h | Afternoon session II | |
| Lecture | Health is the best Investment | Alex Jack |
| Cooking Class | Relaxing Dishes for Busy Bees | Wieke Nelissen |
| Workshop | Palm Healing 1 | Phillip Jannetta |
| 18:00 – 19:00h | Dinner | |
| 20:00 – 21:30h | Evening session | |
| Lecture | Realising your Personal Dream | Klaus Schubring |
| 21:30 – 24:00h | Late evening | |
| Ginger Compress Treatment | | |
| Late Night Movie The Planet | | |
| Salsa Workshop | | |
| Café de la Paix | | |