

## Daily schedule

Every day is different and every group of participants too. So our schedule needs to adapt regularly. But at the core there need to be fixed times for meals and for activities together, so we all know when we are expected if we want to participate. So basically the schedule looks like this:

We start at 7 am with exercises to wake up our body and spirit. Duration about 45 minutes. We are focused on generating more energy by taking a deeper breath, and on improving health through movement. This often involves some type of Yoga, but not always, and we are open to your input for the morning activities.

This is followed by breakfast from 8 until 9 am. You can compile your own favorite breakfast dish from the many ingredients that we offer, from oats, muesli, semolina, corn flakes, bread, yoghurt, fruit, seeds and nuts, to ingredients for egg dishes and spreads for sandwiches. You can also make porridge or smoothies and fresh orange juice. We have farmers eggs and many fruit and vegetables are from our own garden or a local farmers market. A variety of coffee and tea options are available.

Around 8:30 we have a breakfast meeting with our day opening ritual and for planning our activities for the day. In the morning we focus on daily tasks like gardening, maintaining our house and lunch preparation. We do this in a silent, meditative way, relaxing and being total in these activities. We switch our smart phones off and only talk if there is something that needs to be shared, saving social chats for later in the day.

By participating you learn about various aspects of health food, how to prepare it and also how to grow your own vegetables. You can also learn how to sprout seeds, ferment vegetables, make pesto, hummus, condiments and preserves, oat milk and nut milk, juices and smoothies. We believe that food can be the best medicine and we share information from many sources about food and about alternative and traditional medicine.

Lunch at 1 pm is the main meal of the day. It offers a variety of fresh salads for raw food lovers, and also hot dishes, with vegetarian and vegan options. All kinds of diets can be accommodated, although for some specialized requirements you may have to provide the ingredients yourself.

After lunch and a pause for cleaning up and siesta we have many options, depending on the weather and personal preferences. We can go to the beach and swim in the Atlantic ocean, go hiking through nature, running, or relaxing, like reading a book by the side of the pool. When the weather is colder we often heat up the Sauna. We can also organize mini workshops, you can exchange a massage or healing session in our session room, or make music. Or paint, make pottery or enjoy any other favorite activity, alone or together.

7 pm: The evening meditation is a time to relax and turn in. We introduce you to Osho active meditations, guided relaxation techniques, mantra singing and more. You can also present other methods that you have learned and would like to share.

You can choose to have soup and snacks before or after the meditation. Or skip the last meal if you want to practice intermittent fasting.

A movie or other evening program may follow.