



Andalu-Soul De-Stress Experience Outline Thursday 11th to Tuesday 16th November 2021

Timings	Thursday 11 th	Friday 12 th	Saturday 13 th	Sunday 14 th	Monday 15 th	Tuesday 16 th
09:00-10:00		Gentle movement & breathwork	Gentle movement & breathwork	Gentle movement & breathwork	Gentle movement & breathwork	Gentle movement & breathwork (optional)
10:00-11:30		Breakfast No 22 and preparation for the day				
11:30-13:45		Coaching session based on NLP principles in Studio or out in nature				Wrap up & departure
13:45-14:15		Personal time				
14:15-15:30		Lunch in nature (picnic) or restaurant				
15:30-18:30		Arrival by 5pm & free time to check-in and settle	Activity in nature or cultural activity			
18:30-19:30			Personal time			
19:30 onwards	Welcome Tapas, introductions & orientation	Dinner or tapas & personal time				