

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY WEEKEND

EXERCISE - GYM, SURFING, TENNIS (OPTIONAL)

BREAKFAST

RESET THERAPY PROGRAM

BALINESE
MASSAGE

RESET THERAPY PROGRAM

SAUNA
ICE BATH
WELLNESS

REFLECTION & HOMEWORK

REFLECTION & HOMEWORK

LUNCH

COUNSELING

BODY-BASED
THERAPY

REFLECTION
/ PROGRAM
ASSIGNMENTS

PERSONAL
TRAINING

HYPNO-
THERAPY

OUTING

YOGA

MUAY THAI

PADEL

BEACHWALK / MINDFULNESS / BREATHWORK

DINNER

MENTAL THERAPY

PHYSICAL EXERCISE

FREE TIME

MORNING

8.30 - 9.30

9.30 - 11.00

11.00 - 12.00

12.00 - 13.00

13.00 - 14.00

14.00 - 15.00

15.00 - 16.00

16.00 - 17.00

17.00 - 18.00

19.00