



CASA DE LAURA, Hjortö, Åland

Energy weekend

Day 1

- Kl. 14.00 Welcome to Casa de Laura! Check-in, presentation of the house and the weekend.
- Welcome drink – toast to new energy!
- Kl. 14.30 Exercise: Mobility for energy.
- Kl. 15.30 Snack and break
- Kl. 16.00 Exercise: Strength for energy. Sauna for those who want it.
- Kl. 18.00 A healthy and energy-rich vegetarian dinner
- Kl. 19.00 Work-shop: How do I get more energy for my everyday life?
- Together we prepare tomorrow's breakfast. Good night in Hjortö!

Day 2

- Good morning! May it be some fresh air or a session of mobility and stretching?
- Kl. 09.00 Breakfast
- Kl. 10.00 Discussions / workshop continue. Snack.
- Kl. 11.30 We run an optional training session, e.g. pulse-raising exercise for energy.
- Kl. 13.00 Nutritious lunch

Thank you and see you soon! With new energy in our bodies, we leave Casa de Laura!

Price per person total EUR 189 with accommodation in a double room.

Single room supplement EUR 60.

The goal of the weekend is to leave everyday needs and routines and get new energy in the form of exercise, good food and wonderful thoughts! We train according to our own ability and are inspired by each other and the weekend's program.

The price is incl. VAT and accommodation, linen, all food (lacto-ovo-vegetarian), all training sessions, sauna, foot bath (and Bemer treatments if desired). The program is indicative and can be changed according to the wishes and needs of the participants. Limited number of places (max 9 people). The program is organized by Laura Vauras.

