

FIRST DAY

- Introduction
- Facility Tour

DAY 2

06:00 – Wake-Up

06:30 – Good Morning Yoga

07:30 – Breakfast

09:00 – Nature Walk (Ormanya Or Seka Camp, Etc.)

12:00 – Lunch

14:00 – Mandala Creation With Products Gathered From Nature

16:30 – Group Activity (Kangoo Jumps- Bungee Fly- Zumba)

17:30 – Rest Time

18:00 – Dinner

20:00 – Cinema And Film Discussion

22:00 – Bedtime

DAY 3

06:00 – Wake-Up

06:30 – Morning Gym

07:30 – Breakfast

09:00 – Yoga

10:00 – Rest

11:00 – Group Therapy With A Psychologist

12:30 – Lunch

14:30 – Group Games

16:30 – Rest

17:00 – Group Activity (Kangoo Jumps - Bungee Fly - Zumba)

18:00 – Dinner

20:00 – Music Therapy

22:00 – Bedtime

DAY 4

06:00 – Wake Up

06:30 – Good Morning Yoga

07:30 – Breakfast

09:00 – Rowing
12:00 – Lunch
14:00 – Pink Rocks Tour And Photo Session
18:00 – Dinner
20:00 – Daily Reflection Discussion
22:00 – Bedtime

DAY 5

06:00 – Wake-Up
06:30 – Morning Gym
07:30 – Breakfast
09:00 – Aqua Jumps
12:00 – Lunch
14:00 – Farm Tour
17:00 – Return To Facility And Relaxation
18:00 – Dinner
20:00 – Karaoke Party
22:00 – Bedtime

DAY 6

06:00- Wake Up
06:30- Morning Gym
07:30- Breakfast
09:00- Nature Walk (Seka Camp)
12:00- Lunch
14:00- Yoga
15:30- Watercolor Painting Session
18:00- Dinner
20:00- Group Discussions
22:00- Bedtime

DAY 7

06:00 – Wake-Up
06:30 – Morning Gym
07:30 – Breakfast
09:00 – Breath Therapy
11:00 – Relaxation
12:00 – Lunch

14:00 – Art Activity
17:00 – Relaxation
18:00 – Dinner
20:00 – Neurofitness With Rana Kaplan
22:00 – Bedtime

DAY 8

06:00 – Wake-Up
06:30 – Yoga
07:30 – Breakfast
09:00 – Zumba
10:30 – Jewelry Design
12:00 – Lunch
14:00 – Group Games
17:00 – Kangoo Jumps
18:00 – Dinner
20:00 – Rhythm Workshop
22:00 – Bedtime

** For 21-day programs, tours to İzmit, Bursa, and İstanbul will be organized with our tour guide once a week.