



BODY-MIND-NATURE CONNECTION:

WELL-BEING FOR A FULLY AWARENESS AND HEALTHY LIFESTYLE. OUTDOOR AND ENVIRONMENTAL SESSIONS (35h. course)

18th – 22nd Agust 2024

MONDAY, 18th August

GOING TO THE ROOTS

SCHOOL PRESENTATIONS: About IES Álvaro Yáñez



INNER WORD. HOW TO CONNECT BODY AND MIND (Theory and practice exercises)



MOVEMENT AND BREATHING SESSION





CULTURE: LAVA TOUR



TUESDAY, 19th Agust *FLOW LIKE WATER*

Body awareness activities. CONNECTING WITH OTHERS:





WATER ACTIVITIES: CONTRAST BATHS, BREATHWORK AND APNEA ACTIVITIES.





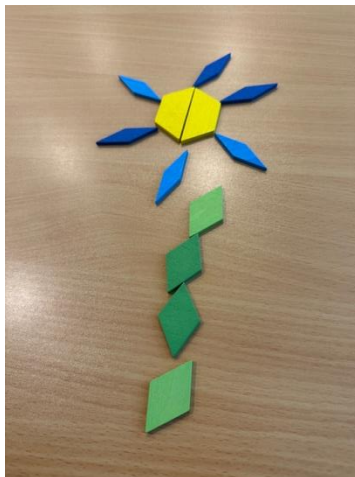
WEDNESDAY, 20th August

JUGAAD CHALLENGE

MOVEMENT AND BREATHING SESSION



BREATHWORK AND VISUAL MEMORY

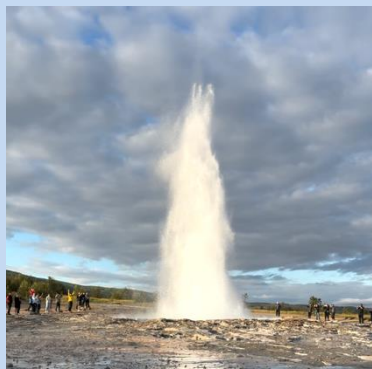




JUGAAD CHALLENGE



CULTURE: NATIONAL PARK - GEYSIR - GULFOSS.





THURSDAY, 21st August
GROWING (MOUNTAIN)

Body awareness activities. CONNECTING MIND AND NATURE



MOUNTAIN ACTIVITY: NATURE BATH, (ORIENTATION AND ENDURANCE TRAINING)





CULTURE: Reykjavik city.



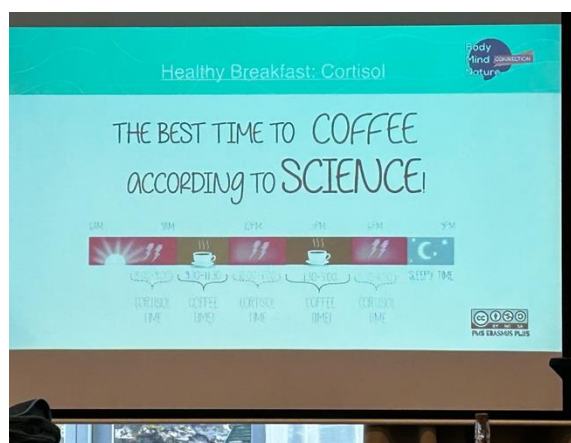
FRIDAY, 22nd August

TO THE FULLEST

SHODŌ, JAPANESE CALLIGRAPHY.



HEALTHY BRUNCH - CORTISOL AND SUGAR LEVEL TOPIC



CERTIFICATION CEREMONY.





PMSE+		BODY-MIND-NATURE 35H COURSE	BODY-MIND-NATURE CONNECTION: WELL-BEING FOR A FULLY AWARENESS AND HEALTHY LIFESTYLE.			BODY-MIND-NATURE 35H COURSE	
			CENTERHOTEL PLAZA - REYKJAVÍK				
TIMING	SUNDAY	MONDAY GOING TO THE ROOTS	TUESDAY FLOW LIKE WATER	WEDNESDAY JUGAAD CHALLENGE	THURSDAY GROWING (MOUNTAIN)	FRIDAY TO THE FULLEST	8:00: ICE CULTURAL PACKAGE AT BUS STOP 3. SATURDAY SOUT COAST
9:00H-11:00H		MOVEMENT AND BREATHING	SCHOOL PRESENTATIONS	SCHOOL PRESENTATIONS	TRANSPORT TIME	SHODŌ, JAPANESE CALLIGRAPHY.	
		HEALTHY BRUNCH - MINERALS AND	HEALTHY & HIGH NUTRITIONAL BRUNCH	HEALTHY & LOCAL NUTRITIONAL BRUNCH	Body awareness activities. CONNECTING MIND AND NATURE		
		11:00H-11:00H	SCHOOL PRESENTATIONS	Body awareness activities. CONNECTING MIND		BREATHWORK AND VISUAL MEMORY	
11:30H-12:30H		WATER ACTIVITIES CONTRAST BATHS, BREATHWORK AND ARNEA ACTIVITIES		JUGAAD CHALLENGE	TRANSPORT TIME	WORKSHOP: HOW TO DESIGN, PLAN AND DELIVER DMN SESSIONS	
12:30H-14:00H	13H: MEETING AND GREETING. BRIEF PRESENTATION OF THE COURSE AND THE ERASMUS WEEK. CULTURAL INPUTS ABOUT ICELAND AND	INNER WORD. HOW TO CONNECT BODY AND MIND (THEORY AND PRACTICE EXERCISES)	TRANSPORT TIME		TRANSPORT TIME	CERTIFICATION	
14:00H-15:00H		FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	
15:00H-17:00H				FREE TIME	15H: EARTH & WATER CULTURAL PACKAGE AT BUS STOP NUMBER 3. GUIDED VISIT TO GOLDEN CIRCLE: THINGVELLIR NATIONAL PARK - GEYSIR - GULFOSS.		
17:00H-18:00H	FREE GUIDED VISIT TO THE CITY. INPUTS TO GET INVOLVED IN THE LOCAL						
18:00H-19:00H		FREE TIME					
19:00H-20:00H	FREE TIME						
20:00H-21:00H	FREE TIME	FREE TIME					