

Mindfulness Weekend with MC Brigitte
family coen, hoogeveen

friday, 15.6.2018

19h introduction meditation

saturday 16.6. 2018

6.30 - 7.30h meditation

7.30h breakfast

9.30-11h meditation

11:15h lunch

14 - 15:30 meditation

15:30 - 16:00h break

16:00h working meditation

19h meditation questions & answers

sunday, 17.6.2018

6.30 - 7.30h meditation

7.30h breakfast

9.30-11h meditation

11:15h lunch

retreat ends after lunch