

Happiness

15.-21.09.2014

week

BUDAPEST

To register contact adm@eleteroweb.eu • www.eleteroweb.eu

	15. MONDAY	16. TUESDAY	17. WEDNESDAY	18. THURSDAY	19. FRIDAY	20. SATURDAY	21. SUNDAY
8:00	Pilates 8:00–9:00	Aerobics 8:00–9:00	Deep Muscles Exercises 8:00–9:00	Aerobics 8:00–9:00	Pilates 8:00–9:00		
8:30							
9:00	Happiness Consultations 9:00–12:00	Morning Yoga 9:00–10:00	Morning Yoga 9:00–10:00	Morning Yoga 9:00–10:00	Morning Yoga 9:00–10:00		Power Conditioning 9:30–10:30
9:30							
10:00							
10:30							
11:00							
11:30							
12:00	Stretching 12:00–13:00	Happiness Consultations 9:00–12:00	Back exercises 10:00–11:00	Morning Yoga 10:30–11:30	Happiness Consultations 10:00–13:00	Fun run 10:00–10:30	Spinning 9:30–10:30
12:30							
13:00	1 to 1: Let’s talk about sex 13:00–14:00	Morning Yoga 10:30–11:30	Happiness Consultations 10:00–13:00	Strength & Cardio 11:30–12:30	Happiness Consultations 10:00–13:00	Strength & Cardio 10:00–11:00	Happiness Consultations 10:00–13:00
13:30							
14:00	TRX Suspension 13:00–14:00	1 to 1: Let’s talk about sex 12:00–13:00	1 to 1: Let’s talk about sex 13:00–14:00	TRX Suspension 13:00–14:00	1 to 1: Let’s talk about sex 13:00–14:00	Yoga 90’ 11:00–12:30	Outdoor Cycling 11:30–13:00
14:30							
15:00	1 to 1: Let’s talk about sex 13:00–14:00	1 to 1: Let’s talk about sex 14:00–15:00	Happiness Consultations 10:00–13:00	Morning Yoga 10:30–11:30	Happiness Consultations 10:00–13:00	Happiness Consultations 10:00–13:00	
15:30							
16:00	Meditations 14:00–14:45	1 to 1: Let’s talk about sex 15:00–16:00	Happiness Workshop 14:00–18:00	Beginners English I. 14:00–15:30	Meditations 14:00–14:45	Happiness Consultations 10:00–13:00	
16:30							
17:00	Meditations 15:00–15:45	1 to 1: Let’s talk about sex 16:00–17:00	Happiness Workshop 14:00–18:00	Advanced English III. 16:00–17:30	Meditations 15:00–15:45	Prana Nadi 15:00–18:30	Yoga fun for kids I. 15:00–15:45
17:30							
18:00	1 to 1: Let’s talk about sex 17:00–18:00	BodyART 17:00–18:00	Hot Iron 17:00–18:00	‘Positive leadership in the 21st century’ Workshop 14:00–18:00	‘Psychology of Love’ Workshop 16:00–18:00	Intermediate English II. 15:00–16:30	Massage 15:00–16:00
18:30							
19:00	1 to 1: Let’s talk about sex 17:00–18:00	‘Motivation to change’ 16:30–17:30	Happiness Workshop 14:00–18:00	Advanced English III. 16:00–17:30	Pilates 17:00–18:00	‘Positive leadership in the 21st century’ Workshop 14:00–18:00	Yoga fun for kids II. 16:00–16:45
19:30							
20:00	‘Masterclass in Positive Psychology’ 18:00–19:30	‘Happiness from a Buddhist perspective’ 18:00–19:00	Zumba 18:00–19:00	Zumba 18:00–19:00	Gypsy Jazz Improvi- sation Dance 18:30–19:30	TRX Suspension 18:00–19:00	Zumba 17:30–18:30
20:30							
21:00	Fun run 19:00–20:00	Cycling 19:00–20:00	‘What is a real freedom?’ 19:00–20:00	Italian aperitive evening 19:00– onwards	Fun run 19:00–20:00	Circuit training 19:00–20:00	Pool Party Dagály fürdő 19:45– onwards
	Strategies for happiness communication 19:30–20:30	Yoga 20:00–21:00	Body & Mind 20:00–21:00	Aerobics 20:00–21:00	Pilates 20:00–21:00	Happiness Party Budapest Marriott AQVA LOUNGE BAR TERRACE 19:30– onwards	
	Yoga 20:00–21:00	Body & Mind 20:00–21:00	Aerobics 20:00–21:00	Pilates 20:00–21:00	Happiness Consultations 10:00–13:00	Happiness Consultations 10:00–13:00	
	Morning Yoga 9:00–10:00	Morning Yoga 9:00–10:00	Morning Yoga 9:00–10:00	Morning Yoga 9:00–10:00	Morning Yoga 9:00–10:00	Morning Yoga 9:00–10:00	
	Pilates 8:00–9:00	Aerobics 8:00–9:00	Deep Muscles Exercises 8:00–9:00	Aerobics 8:00–9:00	Pilates 8:00–9:00		