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Monday, 19.04.

15.30-17.00  
**Interactieve lezing:** De adem is oké zoals die is. Leren trainen van acceptatie met mindfulness

Tuesday, 20.04.

12.00-14.00  
**Energy control**  
15.30-17.00  
**Interactive lecture:** The breathe is okay the way it is. Learning to train acceptance with mindfulness

Wednesday, 21.04.

Thursday, 22.04.

8.00-09.30 (3x30min)  
**Outdoor yoga**  
12.00-14.00  
**Energy control**  
14.00-15.30  
**Visualize your future**  
16.00-17.00 & 20.00-21.00  
**Laughter workshop**

Friday, 23.04.

Monday, 26.04.

*Deadline for registration  
Bob Ross Workshop*

Tuesday, 27.04.

*King's Day*

Wednesday, 28.04.

Thursday, 29.04.

8.00-09.30 (3x30min)  
**Outdoor yoga**  
12.00-14.00  
**Energy control**  
16.00-17.00 & 20.00-21.00  
**Laughter workshop**  
19.30  
**Campus Talks**

Friday, 30.04.

Monday, 03.05.

*May vacation*

Tuesday, 04.05.

12.00-14.00  
**Energy control**

Wednesday, 05.05.

*Liberation Day*

Thursday, 06.05.

8.00-09.30 (3x30min)  
**Outdoor yoga**  
12.00-14.00  
**Energy control**  
20.00-...  
**Apollo Online Escape Room**

Friday, 07.05.

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Monday, 10.05.	Tuesday, 11.05.	Wednesday, 12.05.	Thursday, 13.05.	Friday, 14.05.
	09.00-10.30 <b>Master your breath (NL)</b> <hr/> 12.00-14.00 <b>Energy Control</b> <hr/> 15.00-16.00 <b>Master your breath (EN)</b> <hr/> 19:30-20:30 <b>Studium Generale: Vitality</b>		<i>Ascension Day</i>	
Monday, 17.05.	Tuesday, 18.05.	Wednesday, 19.05.	Thursday, 20.05.	Friday, 21.05.
19.30- ... <b>Bob Ross painting workshop</b> <hr/>	12.00-14.00 <b>Energy Control</b> <hr/> 15.30-17.00 <b>Lucht in je longen (NL)</b> <hr/>		8.00-09.30 (3x30 min) <b>Outdoor yoga</b> <hr/> 12.00-14.00 <b>Energy control</b> <hr/> 15.30-17.00 <b>Air in your lungs (EN)</b> <hr/>	

**Available during all weeks:**

- Walking buddy programme
- Focus your breath