

# LOCATION ENSCHEDE

YOU CAN FIND MORE INFORMATION ABOUT EACH ACTIVITY IN [DUTCH](#) OR [ENGLISH](#)

## TUESDAY 29 NOVEMBER

TIME	ACTIVITY	LANGUAGE	LINK TO APPLY
11.00 - 12.00	STRESS & ANXIETY	ENG	<a href="#">→ APPLY HERE</a>
11.00 - 12.00	“WALK IN” – FOR ALL YOUR WELLBEING QUESTIONS	ENG & NL	-
11.30 - 13.00	YOGA	ENG & NL	<a href="#">→ APPLY HERE</a>
13.30 - 15.00	SPEED FRIENDSHIP ROUND	ENG	<a href="#">→ APPLY HERE</a>
16.00 - 17.30	KARATE SELF-DEFENCE	ENG & NL	<a href="#">→ APPLY HERE</a>
20.00 - 21.00	FOOD: THE GATE TO CONNECTION	ENG	<a href="#">→ APPLY HERE</a>

## WEDNESDAY 30 NOVEMBER

TIME	ACTIVITY	LANGUAGE	LINK TO APPLY
09.30 - 10.30	STUDENT LIFE JOURNEY	ENG	<a href="#">→ APPLY HERE</a>
11.00 - 12.00	JOURNALING WORKSHOP	ENG	<a href="#">→ APPLY HERE</a>
11.00 - 12.00	“WALK IN” – FOR ALL YOUR WELLBEING QUESTIONS	ENG & NL	-
11.30 - 13.00	THE POWER OF CURIOSITY	ENG & NL	<a href="#">→ APPLY HERE</a>
13.00 - 15.00	KUNDALINI YOGA	ENG & NL	<a href="#">→ APPLY HERE</a>
16.00 - 17.00	ART THERAPY	ENG	<a href="#">→ APPLY HERE</a>
17.00 - 18.00	BOUNDARIES FOR BEGINNERS	ENG	<a href="#">→ APPLY HERE</a>
19.30 - 20.30	WRITE IT DOWN – JOURNALING WORKSHOP (ONLINE)	NL	<a href="#">→ APPLY HERE</a>

## THURSDAY 01 DECEMBER

TIME	ACTIVITY	LANGUAGE	LINK TO APPLY
11.00 - 12.30	THERAPY TALKS: CONNECTION & HAPPINESS	ENG	<a href="#">→ APPLY HERE</a>
11.00 - 12.00	“WALK IN” – FOR ALL YOUR WELLBEING QUESTIONS	ENG & NL	-
13.00 - 15.00	POTTERY: SELF-LOVE MUG (CERAMICS)	ENG & NL	<a href="#">→ APPLY HERE</a>
15:00 - 16:00	NEGATIVE MINDSET	ENG	<a href="#">→ APPLY HERE</a>
15.00 - 16.30	WALKING MEDITATION	NL	<a href="#">→ APPLY HERE</a>
17.00 - 19.30	DINNER & SPEECH FROM TIMO	ENG & NL	<a href="#">→ APPLY HERE</a>



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## TUESDAY 29 NOVEMBER

TIME	ACTIVITY	LANGUAGE	LINK TO APPLY
10.00 - 11:30	PEACE OF MIND PLANNING	ENG	<a href="#">→ APPLY HERE</a>
10.30 - 11.30	SWING YOGA	ENG	<a href="#">→ APPLY HERE</a>
12.00 - 13.30	WALKING MEDITATION	ENG	<a href="#">→ APPLY HERE</a>
15:00 - 16.15	SALSA	ENG & NL	<a href="#">→ APPLY HERE</a>
15.00 - 16.00	DO-IN YOGA	NL	<a href="#">→ APPLY HERE</a>
20.00 - 21.00	FOOD: THE GATE TO CONNECTION	ENG	<a href="#">→ APPLY HERE</a>

## WEDNESDAY 30 NOVEMBER

TIME	ACTIVITY	LANGUAGE	LINK TO APPLY
10.00 - 11.30	BRUNCH	ENG & NL	<a href="#">→ APPLY HERE</a>
11.00 - 12.20	BOUNDARIES FOR BEGINNERS	ENG	<a href="#">→ APPLY HERE</a>
13.00 - 15.00	GOSPEL WORKSHOP	ENG	<a href="#">→ APPLY HERE</a>
13.00 - 14.30	SPEED FRIENDSHIP ROUND	ENG & NL	<a href="#">→ APPLY HERE</a>
14.00 - 15.30	POTTERY: SELF-LOVE MUG (CERAMICS)	ENG & NL	<a href="#">→ APPLY HERE</a>
19.30 - 20.30	WRITE IT DOWN - JOURNALING WORKSHOP (ONLINE)	NL	<a href="#">→ APPLY HERE</a>

## THURSDAY 01 DECEMBER

TIME	ACTIVITY	LANGUAGE	LINK TO APPLY
10.00 - 11.30	KRAV MAGA - SELF-DEFENCE	ENG	<a href="#">→ APPLY HERE</a>
11.00 - 12.00	MINDFULNESS WORKSHOP	NL	<a href="#">→ APPLY HERE</a>
13.00 - 14.00	DRU YOGA	NL	<a href="#">→ APPLY HERE</a>
13.30 - 15.00	PAINT AWAY	ENG	<a href="#">→ APPLY HERE</a>
14.00 - 15.00	PERFECTIONISME	NL	<a href="#">→ APPLY HERE</a>
15.00 - 16.00	SWING YOGA	ENG	<a href="#">→ APPLY HERE</a>
16.00 - 17.30	POLE DANCE WORKSHOP	ENG & NL	<a href="#">→ APPLY HERE</a>
17.30 - 19.30	GRAND DINNER & SPEECH FROM ANKA	ENG & NL	<a href="#">→ APPLY HERE</a>



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## TUESDAY 29 NOVEMBER

TIME	ACTIVITY	LANGUAGE	LINK TO APPLY
10.00 - 11.30	SELF-DEFENCE	ENG & NL	<a href="#">→ APPLY HERE</a>
12.45 - 14:00	SALSA	ENG & NL	<a href="#">→ APPLY HERE</a>
20.00 - 21.00	FOOD: THE GATE TO CONNECTION	ENG	<a href="#">→ APPLY HERE</a>

## WEDNESDAY 30 NOVEMBER

TIME	ACTIVITY	LANGUAGE	LINK TO APPLY
14.00 - 16:30	PERFUME WORKSHOP	ENG & NL	<a href="#">→ APPLY HERE</a>
17.30 - 19.30	WRITE IT DOWN – JOURNALING WORKSHOP (ONLINE)	NL	<a href="#">→ APPLY HERE</a>

## THURSDAY 01 DECEMBER

TIME	ACTIVITY	LANGUAGE	LINK TO APPLY
15:00 - 16:00	YOGA	ENG & NL	<a href="#">→ APPLY HERE</a>
17.30 - 19.30	GRAND DINNER & SPEECH FROM ANKA	NL	<a href="#">→ APPLY HERE</a>