

Preliminary schedule of Freshness Holidays, August 7-14, 2010, CZ

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	7:30	8:45	9:15	10:00	12:00	13:00	14:00	16:00	17:00	19:00	
<b>Sat</b>							Chimpanzees in the Czech Highlands. Warm welcome up in the trees (MK)	Meal preparation	Feast	Introduction. Living food. Green smoothies. (FR)	
<b>Sun</b>	Yoga (TC) Barefoot running (MK)	Meal preparation	Breakfast	Low Fat Raw Vegan - Natural food (FP)	Meal preparation	Lunch	Food'n'sport (MK) Tachyon energy	Preparation of a meal and a bonfire	Feast	Fruits in the fire, singing and fun at a Bonfire	
<b>Mon</b>	Yoga (TC) Natural bodybuilding (VR)	Meal preparation	Breakfast	Make a Living in the Natural Health Movement (FP)	Meal preparation	Lunch	Human Design (JS) Raw kids	Meditation Meal preparation	Feast	Power of the sound (IB) Natural house-building (NP)	
<b>Tue</b>	Yoga (JS) Barefoot running (MK)	Meal preparation	Breakfast	Osho Divine Healing (MB)	Meal preparation	Lunch	Food'n'illnesses'n'emotions (FR) Kung-fu (VR)	Meditation Meal preparation	Feast	Art of a mutual massage (KL) Water therapy (Chris)	
<b>Wed</b>	Contact improvisation - awake (ZP) Natural bodybuilding (VR)	Meal preparation	Breakfast	Trip into forests and orchards. A neverending feast.						Feast	Contact improvisation - touch (ZP) And how about.. TV?
<b>Thu</b>	Yoga (JS) Barefoot running (MK)	Meal preparation	Breakfast	Power of a man in 21st century	Meal preparation	Lunch	Beauty of a woman in 21st century	Bioenergetics (VR) Meal preparation	Feast	Inner child and family (HM)	
<b>Fri</b>	Yoga (JS) Natural bodybuilding (VR)	Meal preparation	Breakfast	Raw travelling (PC) Batique workshop	Meal preparation	Lunch	Body awareness Essene art of living (Chris)	Meditation Meal preparation	Feast	It doesn't end up after a week (FR,VM,MK)	
<b>Sat</b>	Yoga (JS) Barefoot running (MK)	Meal preparation	Breakfast	Teamgames (MK)	Final feast preparation	Final feast					