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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**  
16.00-17.00  
**Laughter workshop**  
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.

09.00-10.30  
**Cursus Fit en vitaal met Tai chi (NL) – Cursus les 1**

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  
**Master your breath (NL)**  
12.00-14.00  
**Energy Control**  
15.00-16.00  
**Master your breath (EN)**  
19.30-20.30  
**Studium Generale: Vitality**

09.00-10.30  
**Cursus Fit en vitaal met Tai chi (NL) – Cursus les 2**

*Ascension Day*

Monday, 17.05.

Tuesday, 18.05.

Wednesday, 19.05.

Thursday, 20.05.

Friday, 21.05.

19.30- ...  
**Bob Ross painting workshop**

09.00-10.30  
**Master your breath (NL) – cursus les 1**  
12.00-14.00  
**Energy Control**  
15.00-16.30  
**Master your breath (EN) – course lesson 1**  
15.30-17.00  
**Lucht in je longen (NL)**

09.00-10.30  
**Cursus Fit en vitaal met Tai chi (NL) – Cursus les 3**

8.00-09.30 (3x30min)  
**Outdoor yoga**  
12.00-14.00  
**Energy control**  
15.30-17.00  
**Air in your lungs (EN)**

09.00-10.30  
**Course: Fit en vital with Tai chi (EN) – course lesson 1**

Monday, 24.05.

Tuesday, 25.05.

Wednesday, 26.05.

Thursday, 27.05.

Friday, 28.05.

*White (Pentecost) Monday*

09.00-10.30  
**Master your breath (NL) – cursus les 2**  
15.00-16.30  
**Master your breath (EN) – course lesson 2**

09.00-10.30  
**Course: Fit en vital with Tai chi (EN) – course lesson 2**

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Monday, 31.05.

Tuesday, 01.06.

Wednesday, 02.06.

Thursday, 03.06.

Friday, 04.06.

09.00-10.30  
**Master your breath (NL)**  
– *cursus les 3*

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15.00-16.30  
**Master your breath (EN)**  
– *course lesson 3*

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09.00-10.30  
**Course: Fit en vital with  
Tai chi (EN) – course  
lesson 3**

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Monday, 07.06.

Tuesday, 08.06.

09.00-10.30  
**Master your breath (NL)**  
– *cursus les 4*

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15.00-16.30  
**Master your breath (EN)**  
– *course lesson 4*

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**Available during all weeks:**

- Walking buddy programme
- Focus your breath