

program

	Fri 11th	Sat 12th	Sun 13th	Mon 14th	Tue 15th	Wed 16th	Thu 17th	Fri 18th	!!!!
		RISE	AND	SHINE	!!!!	RISE	AND	SHINE	!!!!
7:00- 8:30	A	Breakfast	brekfast	we depart		7:00- 8:30	breakfast	breakfast	
	R			from Lækjar-					
8:30- 9:00	R	Singing	singing	botnar	breakfast	8:30- 9:00	singing	singing	A 20 min walk
	I			after breakfast and					to a hot source
9:15- 11:00	V	Lecture	lecture	drive for	stretching	9:15- 11:00	lecture	lecture	were we will take
	A			2 hours	and some				a bath and a
11:15- 13:00	L	workshops	workshops	then we	more walk	11:15- 13:00	workshops	workshops	mud bath
				walk for	a group				
				7- 8 hours	cooks				
				the	the				
13:00- 14:00		LUNCH	LUNCH	F	LUNCH	13:00- 14:00	LUNCH	LUNCH	LUNCH 14.00
				I					
14:15		trip to Þingvellir		M	take down	14:15	cave experience	walking Glymur	
		for the whole		M	the tents			Iceland's	
		afternoon	Horseback-	V	and drive			longest	
17:00	OPENING		riding tour	Ö	"home"			waterfall	Finnishing
				R					workshops etc...
		evening meal		Ð	swimming				
		at Þingvellir	swimming-	U	pool				
			pool	H	remember:				
18:30	evening meal	Swimmingpool		Á	pool	18:00	evening meal	swimmingpool	evening meal
19:00			evening meal	L	remember:				
		games,music		S	this is the	20:00		evening meal	GRAND
					chance you				FINALE
					have to				a special evening
					shover				meal
20:00	Night Café	Night Café			Night Café	21:00	Night Café	Night Café	
-22:30				we split into		-22:30			
				groups	no showers				
				some cook	at the school				
				the evening meal					
				and others					
				put up tents					