

BIP PROGRAMME

Mind and Body Balance: A Journey to Wellness

Programme of Virtual Activities

Date and time	Place	Programme	Comment
21 May 13:00-15:00	Microsoft Teams	Neuroplasticity: how it works?	

Programme of Physical Activities

Date and time	Place	Programme	Comment
25 May	Hotel “Aurora”	Arrival	
26 May 12:00	Dariaus ir Gireno str. 8, Klaipeda Auditorium 34	First meeting Cultural programme in the city	
27 May 11:00-13:00	Dariaus ir Gireno str. 8, Klaipeda Auditorium 34	Stress Management Strategies I	
27 May 13:00 – 14:00		Lunch	
27 May 14:00-17:00	Dariaus ir Gireno str. 8, Klaipeda Auditorium 34	Tai Chi exercises for physical and mental health	Requires sports clothing (weather permitting, the session will take place outdoors)
28 May 11:00-13:00	Dariaus ir Gireno str. 8, Klaipeda Auditorium 34	Stress Management Strategies II	
28 May 13:00 – 14:00		Lunch	
28 May 14:00-17:00	Dariaus ir Gireno str. 8, Klaipeda Auditorium 34	Breathing and meditation: pathways to inner peace	Requires sports clothing (weather permitting, the session will take place outdoors)

29 May 11:00-13:00	Dariaus ir Gireno str. 8, Klaipeda Auditorium 34	Positive psychology: The path to health and well-being	
29 May 13:00 – 14:00		Lunch	
29 May 14:00-17:00	Dariaus ir Gireno str. 8, Klaipeda Auditorium 34	A variety of preventive and therapeutic methods: evidence-based procedures that reduce daily stress and promote health	
30 May 10:00-12:00	Dariaus ir Gireno str. 8, Klaipeda Auditorium 34	Self massage and face exercise Certificates Departure	