

Friday,
3.10.25

Welcome FRA
~ 10 Uhr

Welcome STR
~ 11 Uhr

Welcome
MUC
~12 Uhr

Arrival



Welcome HAJ
~ 18:30 Uhr

Welcome DUS
~ 21 Uhr

Saturday,
4.10.25
“a matter of heart”



10 - 12 am
Payment
Seminar Fees
(Chimney room)



10 - 11 am
House Tour -
Support Team
(Lobby)



11:30 am - 12:30 pm
Young Generation Meeting
Melina & Sabrina
(Terrace Heart Formula)



2:30 - 4 pm
Kick Off with Malcolm
(Heart Formula)



4:30 pm
Teammeetings

Sunday,
5.10.25
“Mindset”

8 -9 am
Functional
Workout
- Markus



10 am - 12:30 pm
Acki
(Heart Formula)



2:30 - 6 pm
Acki
(Heart Formula)



6:30 - 7:30 Uhr
Feminine Embodiment
(for women)
Elo & Melissa



Monday,
6.10.25
“Mindset”



8 -9 am
Full Body Workout
- Lisa S.



10 am - 12:30 pm
Acki
(Heart Formula)



1:30 - 3 pm
Acki
(Heart Formula)



4-5 pm
Walking Meditation
- Stefanie O.



5:30 - 6:30 pm
Zouk Dance Lesson
- Vanessa & Kevin
(Theater)



3:15-4:30 pm
Slide Workshop
- Sabrina & Sven



8:30 - 9:30 Uhr
Love Peace Harmony
Meditation
Jannika & Christiane
(Heart Formula)



for all participants

Mindset / Business

sports, fun & silence

products

for kids

Breakfast: 7:30 - 10:30 am

Lunch: 12:30 - 2:30 pm

Dinner: 6:30 - 9:30 pm



Meeting point Beach Bar; please bring a towel!

Walking Meditation: Audio in English and German on the website under Resources & Plans!



Tuesday,
7.10.25

“Network Business & Mindset”

8:45 - 9:15 am

Morning Flow -
Breath & Movement
- Regine



10 - 11 am

Selling with
Love - Ruben
(Solis)



Creative workshop
for the (inner) child
- Michelle
(Meeting point:
Lobby)



11:30 am - 12:30 pm

heart-guided
Network
- Konstanze
(Heart Formula)



Getting started with
Lifeplus
- Beate R.
(Solis)



4:30 - 5:30 pm

Abundance Consciousness
& Money Mindset
- Ute
(Heart Formula)



5 - 6 pm

Self-awareness through body language –
Discover your inner strength with
psychophysiognomics
– Marion & Leon
(Heart Formula)



9 pm - 2 am
White Party



Wednesday,
8.10.25

“Products”

11 - 12 pm

Enlightened Gut
Tabita & Stefanie W.
(Solis)



2:30 - 3:30 pm

Pet Health Check
- Manuela
(Solis)



5:30 - 6:30 pm
Mens Business
- Ruben
(Daily)



5:30 - 6:30 pm
Women's Circle
- Marise



5:30 - 7 pm
ChoreoCosmos – Personal
development through
astrological wisdom –
Sabrina (Heart Formula)



5:30 - 7 pm
Sundowner
with DJ 3rnst&Sugar
at the beach



Thursday,
9.10.25

“Mindset”

8:30 - 9:30 am

Discover your fine body
Fine body - Johanna
(Be Recharged)



7-7:45 am
Ayur Yoga
- Anna
(Felsen)



9:45 - 10:15 pm
Group photos



10:30 - 11:30 am
Daily Diamond Business
(Heart Formula)



12 - 1 pm

Resonance for
Networkers
- Lea & Ruben
(Solis)



3- 4 pm
Seminar conclusion
(Heart Formula)



4:15 - 4:45 pm

Maintain momentum, bringing the
activeweek energy into daily life
– Vanessa & Lea
(Heart Formula)



5-6 pm
Teammeetings

6:30 - 11 pm

Closing evening with
Buffet (until 8:30pm) &
Party
(Platija)



Friday,
10.10.25

Departure



