

|    |            |                  | 9             | 10                            | 11                            | 12 | 13 | 14                            | 15                            | 16                                                                  | 17                            | 18                               | 19                                  |
|----|------------|------------------|---------------|-------------------------------|-------------------------------|----|----|-------------------------------|-------------------------------|---------------------------------------------------------------------|-------------------------------|----------------------------------|-------------------------------------|
|    |            |                  |               |                               |                               |    |    |                               |                               |                                                                     |                               |                                  |                                     |
| Mo | 17.03.2025 | Infoabend        |               |                               |                               |    |    |                               |                               |                                                                     |                               | START<br>Infoabend<br>Fastenkurs |                                     |
| Di | 18.03.2025 |                  |               |                               |                               |    |    |                               |                               |                                                                     |                               |                                  |                                     |
| Mi | 19.03.2025 |                  |               |                               |                               |    |    |                               |                               |                                                                     |                               |                                  |                                     |
| Do | 20.03.2025 | Entlastungstag 1 |               |                               |                               |    |    |                               |                               |                                                                     |                               |                                  |                                     |
| Fr | 21.03.2025 | Entlastungstag 2 |               |                               |                               |    |    |                               |                               |                                                                     |                               | 2. Treffen /<br>Beratung         | Einzeltermin<br>Gesundheitsberatung |
| Sa | 22.03.2025 | Fastentag 1      |               |                               |                               |    |    | Wandergruppe                  |                               |                                                                     |                               |                                  | b.B. 1h Beratung per<br>WhatsApp    |
| So | 23.03.2025 | Fastentag 2      |               |                               |                               |    |    | Wandergruppe                  |                               |                                                                     |                               | 3. Treffen /<br>Beratung         | Einzeltermin<br>Gesundheitsberatung |
| Mo | 24.03.2025 | Fastentag 3      |               | Massage<br>Wellness<br>Beauty | Massage<br>Wellness<br>Beauty |    |    | Wandergruppe                  | Massage<br>Wellness<br>Beauty | Massage<br>Wellness<br>Beauty                                       | Massage<br>Wellness<br>Beauty | Massage<br>Wellness<br>Beauty    | b.B. 1h Beratung per<br>WhatsApp    |
| Di | 25.03.2025 | Fastentag 4      |               | Massage<br>Wellness<br>Beauty | Massage<br>Wellness<br>Beauty |    |    | Massage<br>Wellness<br>Beauty | Massage<br>Wellness<br>Beauty | Massage<br>Wellness<br>Beauty                                       | Pilates (60min)               | 4. Treffen /<br>Beratung         | Einzeltermin<br>Gesundheitsberatung |
| Mi | 26.03.2025 | Fastentag 5      |               | Massage<br>Wellness<br>Beauty | Massage<br>Wellness<br>Beauty |    |    | Wandergruppe                  | Massage<br>Wellness<br>Beauty | Massage<br>Wellness<br>Beauty                                       | Massage<br>Wellness<br>Beauty | Yoga (45min)                     | b.B. 1h Beratung per<br>WhatsApp    |
|    |            |                  |               |                               |                               |    |    |                               |                               | Einzeltermine Klangschaale (45min)<br>16:30 Uhr 17:15 Uhr 18:00 Uhr |                               |                                  |                                     |
| Do | 27.03.2025 | Aufbautag 1      | Fastenbrechen |                               |                               |    |    |                               |                               |                                                                     |                               |                                  |                                     |
| Fr | 28.03.2025 | Aufbautag 2      |               |                               |                               |    |    |                               |                               |                                                                     |                               |                                  |                                     |
| Sa | 29.03.2025 | Aufbautag 3      |               |                               |                               |    |    |                               |                               |                                                                     |                               |                                  |                                     |
| So | 30.03.2025 | Aufbautag 4      |               |                               |                               |    |    |                               |                               |                                                                     |                               |                                  |                                     |
|    |            |                  |               |                               |                               |    |    |                               |                               |                                                                     |                               |                                  |                                     |