**BIP PROGRAMME**

**Mind and Body Balance: A Journey to Wellness**

**Programme of Virtual Activities**

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

**Programme of Physical Activities**

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| **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 excercise  Certificates  Departure |  |