



Fasting Programme 1 – Detailed Information

Fasting cure days with nature hikes in the beautiful “Saalekreis” region

Location of programme and accommodation: The Glass-House, Marktstraße 2a, 06279 Schraplau

Date: Friday, February 26 – Friday, March 5, 2021

Sign-up: +49 (0) 175 575 44 33 or info@the-glass-house.com

Programme guide and host: Ingrid Straub

DAY 1 (February 26) – Day of Arrival

Please start this day with a light regimen, in order for your body to slowly adjust to the 7-day non-food regimen. Light foods such as fruit and vegetables;

From 3 - 5 p.m.: arrival

From 5 p.m.: meet and greet

DAY 2 (February 27) until DAY 5 (March 3)

7 a.m.: alternating every day - Yoga / body exercises / meditation / nature hikes

8.30 a.m. : every second day – bowels’ cleanse with Glauber’s salt

9.30 a.m.: group circle to exchange feedback, ideas and your fasting experience

10 - 11 a.m.: individual general counselling sessions for 2 participants up to 30 minutes (arranged by therapist and family counsellor Ingrid).

In the meantime, the other participants have self-time to go on a nature hike.

11 a.m. - 1 p.m.: Self-time for relaxation for all participants

1 p.m.: fasting lunch – fresh home-made vegetable broth (if desired)

2 - 3 p.m.: relaxation with liver pack

3 - 5 p.m.: self-time; time for a nature hike, yoga, crystal healing bed session

5 p.m.: group circle to exchange feedback, ideas and your fasting experience; getting to know each other

6 p.m.: guided meditation

DAY 6 (March 4)

7 a.m.: Yoga / body exercises / meditation

8.30 a.m.: light breakfast to initialize your natural, healthy regimen

9 a.m.: final individual feedback with fasting guide and counsellor Ingrid

1 p.m.: light lunch to initialize your natural, healthy regimen

2 - 3 p.m.: relaxation with liver pack and body cleansing

3 - 5 p.m.: self-time; time for a nature hike, yoga or a crystal bed session

5 p.m.: light dinner and tea-time with a group circle to exchange experiences

6 p.m.: guided meditation

DAY 7 (March 5) – Day of departure

7 a.m.: Yoga / body exercises / meditation

8.30 a.m.: light breakfast

9 - 10 a.m.: farewell

10 a.m.: check-out / departure