



Fasting Programme 2 - Detailed Information

Fasting days with hikes alongside Portugal's South-West coast

Location of event and accommodation: West-Algarve, Portugal

Date: Wednesday, May 5 – Thursday, May 13, 2021

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

Programme guide: Ingrid Straub

ARRIVAL

Independent arrival until May 4, as the programme starts in the early morning of May 5.

DAY 1 (May 5) – Guided initiation of the fasting regimen

DAY 1 (May 5) until DAY 7 (May 11)

Each day we will start at 8 a.m. with different highlights such as yoga, body exercises and ocean dipping/swimming, in order to boost our energy.

After that we will go on hikes alongside Portugal's breathtaking South-West coast, taking in all elements of Mother Nature.

DAY 8 (May 12) – Guided fast-breaking with water and fruit

DEPARTURE

Independent departure. The accommodation, as part of the fasting programme, is booked from May 4 until May 13, 2021, and is included in the programme fees. Any extension of the accommodation dates is subject to your independent booking and is not included in the programme.

PROGRAMME FEES

850,00 Euro per person

This fasting programme includes the following offers and services:

- accommodation in a single room from May 4 until May 13, 2021 → the accommodation is organized by the programme guide
- Glauber's salt, tea, water, juices, fruit for the fast-breaking
- guided fasting programme and guided hikes by the programme organizer herself
- life and guidance counselling by therapist and family counsellor Ingrid Straub

Following fees and charges are NOT included in the programme fees:

- arrival and departure, such as flights or any transportation to and from the event locations, rental cars
- any costs for your personal requirements
- any costs that are not included in the programme fees

Equipment:

- solid and comfortable shoes/boots for the hikes
- weather-resistant (rain and wind) and comfortable clothing; headgear
- clothing for swimming and a beach towel
- hiking equipment such as a small backpack and water container