**BIP PROGRAMME**

**Holistic well-being: physical activity, nutrition and hydrotherapy**

**Programme of Virtual Activities**

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| **Date and time** | **Place** | **Programme** | **Comment** |
| 16 October 13:00-15:00 | Microsoft Teams | Brain plasticity and it's benefit for human health |  |

**Programme of Physical Activities**

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| **Date and time** | **Place** | **Programme** | **Comment** |
| 20 October | Hotel | Arrival |  |
| 21 October12:00 | Dariaus ir Gireno str. 8, KlaipedaAuditorium 34 | MeetingCultural programme in the city |  |
| 22 October11:00-13:00 | Dariaus ir Gireno str. 8, KlaipedaAuditorium 34 | Objective physical activity status: epidemiology, exercise science, and rehabilitation  |  |
| 22 October13:00 – 14:00 |  | Lunch |  |
| 22 October14:00-17:00 | to be clarified | Practical exercise for body and mind | Requires sports clothing |
| 23 October11:00-13:00 | Dariaus ir Gireno str. 8, KlaipedaAuditorium 34 | Self consepts in our life  |  |
| 23 October13:00 – 14:00 |  | Lunch |  |
| 23 October14:00-17:00 | Gulbių str. 8, KlaipedaAuditorium 9 | Muscle and autonomic nervous  systems relaxation techniques (subgroup I) | Requires sports clothing |
| Gulbių str. 8, Klaipeda | Water procedures for health and wellness (subgroup II) | Swimwear required |
| 24 October11:00-13:00 | Dariaus ir Gireno str. 8, KlaipedaAuditorium 34 | Nutrition and nutritional supplementation: impact on skin health and beauty  |  |
| 24 October13:00 – 14:00 |  | Lunch |  |
| 24 October14:00-17:00 | Gulbių str. 8, Klaipeda | Water procedures for health and wellness (subgroup I) | Swimwear required |
| Gulbių str. 8, KlaipedaAuditorium 9 | Muscle and autonomic nervous systems relaxation techniques (subgroup II) | Requires sports clothing |
| 25 October10:00-12:00 | Dariaus ir Gireno str. 8, KlaipedaAuditorium 34 | Face exercise and self massageCertificatesDeparture |  |