














**FITCAMP**  
MONTENEGRO

# WOMEN WHO PLAY

Daily re-energising event for motivation and zest

A perfect playground for you and all the women you love and like to keep them in your life.

# PROGRAM EXAMPLE

-  Morning arrival at **FitCamp Montenegro**
-  Refreshments (homemade juice and tea) and adaptation to the space
-  **Writing Workshop Therapy - Part 1**
-  Yoga Class in Nature - **Breathing and Movement**
-  **Writing Workshop Therapy - Part 2**
-  Break for self-reflection and some free time in nature
-  Meal of the day
-  **Mindful Workshop**
-  Free time and snacks
-  **Stargazing Experience**
-  Saying goodbye



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