

## GWD PROGRAM

### **ONE NIGHT at GREENHILLS RESORT June 7<sup>th</sup> 2025**

07:00 Shuttle buses to Green Hills Resort.

Pick up point: Lotte City Hotel Tashkent Palace

#### **REGISTRATION**

09:00-09:30 Registration. Setting up tents in Camping area

#### **SPORT ACTIVITY**

09:30-10:30 Bike ride (1km)

#### **OPENING CEREMONY**

10:30-10:45 Master of Ceremony, instructions

10:45-11:00 Official part, opening remarks and awarding

11:15-11:30 Master of Ceremony Questions & Answers

#### **STATION #1\_TEAM BUILDING AREA**

11:40-12:35 Yoga for Kids

#### **STATION #2\_SWIMMING POOL**

11:40-13:00 SUP yoga on the paddles board on the water

#### **STATION #1\_ TEAM BUILDING AREA**

13:00-14:00 Hatha Yoga

#### **LUNCH 12:00-15:00**

#### **STATION #2\_SWIMMING POOL**

14:00-15:50 SUP yoga on the paddles board on the water

14:00-15:50 Hatha Yoga

#### **STATION #1\_TEAM BUILDING AREA**

14:00-15:00 Sound Healing Therapy

#### **STATION #1\_TEAM BUILDING AREA**

15:00-16:00 Jivamukti Yoga, Poetry of the Body

#### **STATION #1\_ TEAM BUILDING AREA**

16:30-17:30 Tibetan Singing Bowl

#### **CAMPING AREA:**

MASTERCLASS 11:40-15:00 Sadhu nail board session for adults

MASTERCLASS 11:40-15:00 Neck, hand massage for adults

MASTERCLASS 11:40-15:00 Floristic composition for family

MASTERCLASS 11:40-15:00 Kombucha Tea for family

MASTERCLASS 11:40-15:00 Nutritionist free consultations

MASTERCLASS 11:40-15:00 Neurographic art for family

CRAFTS FAIR 11:40-17:30 TEPLO STORE MARKET

PLAYGROUND 11:40-17:30 is available for kids

PLOGGINGAREA 16:00-17:00 activity for all members

**DEPARTURE 18:00 Shuttle buses to Tashkent**

#### **EVENING PROGRAM\_STAGE**

18:00-19:00 Disco

19:00-20:00 Dinner

20:00-21:00 Mixed Dancing and music

21:00-22:00 Fire meditation and singing bowl

22:00-24:00 Free time, stargaze on the camping area

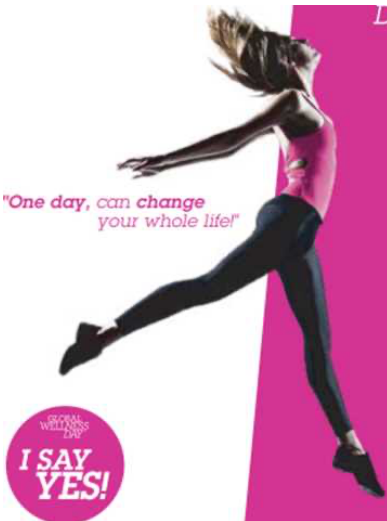
### **GREENHILLS RESORT June 8<sup>th</sup> 2025**

#### **STATION #2\_CAMPING AREA**

07:00-08:00 SUP yoga on the board on the water for adults

08:00-09:30 Breakfast

09:30 Shuttle Bus departure to Tashkent



"One day, can change  
your whole life"