

Dates. 2022

Fruit-vegetable fasting | Tea-juice fasting

only Tea-juice fasting

Feel-good summer

January

1	New year	
2	Sunday	
3	Monday	Yoga
4	Tuesday	
5	Wednesday	
6	Thursday	
7	Friday	
8	Saturday	
9	Sunday	
10	Monday	
11	Tuesday	
12	Wednesday	
13	Thursday	
14	Friday	Art.Coaching Dance workout
15	Saturday	
16	Sunday	
17	Monday	
18	Tuesday	
19	Wednesday	
20	Thursday	
21	Friday	
22	Saturday	
23	Sunday	
24	Monday	Yoga
25	Tuesday	
26	Wednesday	
27	Thursday	
28	Friday	
29	Saturday	
30	Sunday	
31	Monday	

February

1	Tuesday	
2	Wednesday	
3	Thursday	
4	Friday	Yoga
5	Saturday	
6	Sunday	
7	Monday	Cooking Yoga
8	Tuesday	
9	Wednesday	
10	Thursday	Cooking Yoga
11	Friday	
12	Saturday	
13	Sunday	
14	Monday	
15	Tuesday	Qi Gong Painting
16	Wednesday	
17	Thursday	
18	Friday	
19	Saturday	
20	Sunday	
21	Monday	
22	Tuesday	
23	Wednesday	
24	Thursday	
25	Friday	Dance work.
26	Saturday	
27	Sunday	
28	Monday	

March

1	Tuesday	
2	Wednesday	Art.Coaching
3	Thursday	
4	Friday	
5	Saturday	
6	Sunday	
7	Monday	Art.Coaching
8	Tuesday	
9	Wednesday	
10	Thursday	Dance workout Cooking
11	Friday	
12	Saturday	
13	Sunday	
14	Monday	
15	Tuesday	
16	Wednesday	
17	Thursday	
18	Friday	Drums Natural cosmetics
19	Saturday	
20	Sunday	
21	Monday	
22	Tuesday	
23	Wednesday	
24	Thursday	
25	Friday	
26	Saturday	
27	Sunday	
28	Monday	Yoga
29	Tuesday	
30	Wednesday	
31	Thursday	

April

1	Friday	
2	Saturday	
3	Sunday	
4	Monday	
5	Tuesday	
6	Wednesday	
7	Thursday	Line dancing Mental training
8	Friday	
9	Saturday	
10	Sunday	
11	Monday	
12	Tuesday	
13	Wednesday	
14	Thursday	
15	Friday	
16	Saturday	
17	Easter Sunday	
18	Easter Monday	
19	Tuesday	Art.Coaching Yoga
20	Wednesday	
21	Thursday	
22	Friday	
23	Saturday	
24	Sunday	
25	Monday	
26	Tuesday	
27	Wednesday	
28	Thursday	Hypnose
29	Friday	
30	Saturday	

May

1	Sunday	
2	Monday	Dance workout
3	Tuesday	
4	Wednesday	
5	Thursday	
6	Friday	
7	Saturday	
8	Sunday	Golf Drums
9	Monday	
10	Tuesday	
11	Wednesday	
12	Thursday	
13	Friday	
14	Saturday	
15	Sunday	
16	Monday	Hatha yoga Digital photogr.
17	Tuesday	
18	Wednesday	
19	Thursday	
20	Friday	
21	Saturday	
22	Sunday	
23	Monday	
24	Tuesday	
25	Wednesday	
26	Thursday	
27	Friday	
28	Saturday	Herbs
29	Sunday	
30	Monday	
31	Tuesday	

June

1	Wednesday	
2	Thursday	
3	Friday	Yoga
4	Saturday	
5	Sunday	
6	Monday	
7	Tuesday	Golf Belly dance
8	Wednesday	
9	Thursday	
10	Friday	
11	Saturday	
12	Sunday	
13	Monday	
14	Tuesday	
15	Wednesday	
16	Thursday	
17	Friday	Painting Qi yoga
18	Saturday	
19	Sunday	
20	Monday	
21	Tuesday	
22	Wednesday	
23	Thursday	
24	Friday	
25	Saturday	
26	Sunday	
27	Monday	Yoga
28	Tuesday	
29	Wednesday	
30	Thursday	

July

1	Friday	Mental training
2	Saturday	
3	Sunday	
4	Monday	
5	Tuesday	
6	Wednesday	
7	Thursday	Dance workout
8	Friday	
9	Saturday	
10	Sunday	
11	Monday	
12	Tuesday	
13	Wednesday	
14	Thursday	
15	Friday	
16	Saturday	
17	Sunday	
18	Monday	
19	Tuesday	
20	Wednesday	
21	Thursday	Feel-good summer
22	Friday	
23	Saturday	
24	Sunday	
25	Monday	
26	Tuesday	
27	Wednesday	
28	Thursday	Feel-good summer
29	Friday	
30	Saturday	
31	Sunday	

August

1	Monday	
2	Tuesday	
3	Wednesday	
4	Thursday	Feel-good summer
5	Friday	
6	Saturday	
7	Sunday	
8	Monday	
9	Tuesday	
10	Wednesday	
11	Thursday	
12	Friday	
13	Saturday	
14	Sunday	
15	Monday	
16	Tuesday	
17	Wednesday	
18	Thursday	
19	Friday	
20	Saturday	
21	Sunday	
22	Monday	
23	Tuesday	
24	Wednesday	Qigong
25	Thursday	
26	Friday	
27	Saturday	
28	Sunday	
29	Monday	
30	Tuesday	
31	Wednesday	

September

1	Thursday	
2	Friday	
3	Saturday	
4	Sunday	
5	Monday	
6	Tuesday	
7	Wednesday	
8	Thursday	
9	Friday	
10	Saturday	
11	Sunday	
12	Monday	
13	Tuesday	Painting Line dancing
14	Wednesday	
15	Thursday	
16	Friday	
17	Saturday	
18	Sunday	
19	Monday	
20	Tuesday	
21	Wednesday	
22	Thursday	
23	Friday	
24	Saturday	Drums Golf
25	Sunday	
26	Monday	
27	Tuesday	
28	Wednesday	
29	Thursday	
30	Friday	

October

1	Saturday	
2	Sunday	
3	Monday	Mental tr.
4	Tuesday	
5	Wednesday	
6	Thursday	
7	Friday	
8	Saturday	
9	Sunday	
10	Monday	Dance workout
11	Tuesday	
12	Wednesday	
13	Thursday	Art.Coaching Hatha yoga
14	Friday	
15	Saturday	
16	Sunday	
17	Monday	
18	Tuesday	
19	Wednesday	
20	Thursday	
21	Friday	
22	Saturday	Yoga
23	Sunday	
24	Monday	
25	Tuesday	
26	Wednesday	
27	Thursday	
28	Friday	
29	Saturday	
30	Sunday	
31	Monday	

November

1	Tuesday	
2	Wednesday	Smoke
3	Thursday	
4	Friday	
5	Saturday	
6	Sunday	Belly dance
7	Monday	
8	Tuesday	
9	Wednesday	
10	Thursday	
11	Friday	
12	Saturday	
13	Sunday	Art.Coaching Yoga
14	Monday	
15	Tuesday	
16	Wednesday	
17	Thursday	
18	Friday	
19	Saturday	
20	Sunday	
21	Monday	
22	Tuesday	Qigong
23	Wednesday	
24	Thursday	
25	Friday	
26	Saturday	
27	Sunday	
28	Monday	
29	Tuesday	
30	Wednesday	

December

1	Thursday	
2	Friday	
3	Saturday	
4	Sunday	
5	Monday	Yoga
6	Tuesday	
7	Wednesday	
8	Thursday	
9	Friday	
10	Saturday	
11	Sunday	
12	Monday	
13	Tuesday	
14	Wednesday	
15	Thursday	
16	Friday	
17	Saturday	
18	Sunday	
19	Monday	
20	Tuesday	
21	Wednesday	
22	Thursday	
23	Friday	
24	Christmas Eve	
25	Christmas Day	
26	St. Stephen's D.	
27	Tuesday	
28	Wednesday	
29	Thursday	
30	Friday	
31	New years eve	