



HOFFMANN

Medical Consulting & Coaching

5-day PROGRAMME: CLEAN AND FREE THERAPY® liberation from addiction the easy way

Zeit	1. Tag	2. TAG	3. TAG	4. TAG	5. TAG
08.30 - 09.30	HRV measurement State of abstinence	HRV measurement State of abstinence	HRV measurement State of abstinence	HRV measurement State of abstinence	HRV measurement State of abstinence
09.30 - 10.00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10.00 - 10.30	<i>Detoxification and CES stimulation</i>	<i>Detoxification and CES stimulation</i>	<i>Detoxification and CES stimulation</i>	<i>Detoxification and CES stimulation</i>	<i>Detoxification and CES stimulation</i>
11.00 - 11.30	High-frequency acupuncture	High-frequency acupuncture	High-frequency acupuncture	High-frequency acupuncture	High-frequency acupuncture
11.30 - 12.00	High Frequency Meditation	High Frequency Meditation	High Frequency Meditation	High Frequency Meditation	High Frequency Meditation
12.00 - 13.00	SPA Sauna/Jacuzzi/Pool	SPA Sauna/Jacuzzi/Pool	SPA Sauna/Jacuzzi/Pool	SPA Sauna/Jacuzzi/Pool	SPA Sauna/Jacuzzi/Pool
13.00 -14.00	Lunch	Lunch	Lunch	Lunch	Lunch
14.00 - 15.00	Break	Break	Break	Break	Break
15.00 - 16.00	Mental coaching Relieve addictions	Mental coaching Relieve addictions	Mental coaching Relieve addictions	Mental coaching Relieve addictions	Mental coaching Relieve addictions
16.00 - 17.00	Mental coaching Relieve addictions	Massage	Mental coaching Relieve addictions	Massage	Mental coaching Relieve addictions
17.00 - 18.00	SPA Sauna/Jacuzzi/Pool	SPA Sauna/Jacuzzi/Pool	SPA Sauna/Jacuzzi/Pool	SPA Sauna/Jacuzzi/Pool	SPA Sauna/Jacuzzi/Pool
18.00 - 18.30	High-frequency acupuncture	High-frequency acupuncture	High-frequency acupuncture	High-frequency acupuncture	High-frequency acupuncture
18.30 - 19.00	<i>Detoxification and CES stimulation</i>	<i>Detoxification and CES stimulation</i>	<i>Detoxification and CES stimulation</i>	<i>Detoxification and CES stimulation</i>	<i>Detoxification and CES stimulation</i>
19.00 - 19.30	Dinner	Dinner	Dinner	Dinner	Dinner
19.30 - 20.00	High Frequency Meditation	High Frequency Meditation	High Frequency Meditation	High Frequency Meditation	High Frequency Meditation