Iceland: A Week of Wellness
*Dates: May 10-18, 2019
Number of Participants: 16 minimum
(Itinerary Subject to Change)

**Activity Level** - Moderate: every day includes at least a swim and a walk; distances vary

**Departure (5/10) Friday**
International overnight flight from US to Keflavik, Iceland

**Day 1 (5/11) Saturday Arrival in Iceland**
(This is a lightly scheduled day due to jet lag (5 hrs) and overnight flight Friday) Times TBA based on flight arrival.

Transfer from Keflavik to Reykjavik (1 hr)
Coach transfer from Reykjavik (1 hr) to NLFI Spa and Medical Clinic
http://www.heilsustofnun.is/
Check in to NLFI clinic
Lunch at NLFI
Afternoon walk and open swim
Dinner at NLFI

**Day 2 (5/12) Sunday: Golden Circle Tour**
8-9am: Breakfast at NLFI
9am: Depart for day long guided tour by Iceland Activities of the Golden Circle and Þingvellir National Park, Laugarvatn Fontana, Gullfoss Falls, Stokur Geysir, Selfoss (Picnic Lunch provided by Tour Company)
6pm: Arrive back at NLFI
6-7pm: Dinner at NLFI
(Activity level: Three 30-60 minute walks; optional swim; longest time in the bus = 1 hr at a time)

**Day 3 (5/13) Monday: Welcome to NLFI**
8-9am: Breakfast at NFLI
9-10:30am: Introductions to NFLI Directors, Tour of Facility and History Room
11-12noon: Daily walk/hike: 3 different distances offered
12-1pm: Lunch at NFLI
1:30-2:30pm: Aquatic exercise class
3-3:30pm: Afternoon tea at NFLI
4-5pm: Discussion on Health Care system in Iceland
5-5:45pm: Mindfulness session
6-7pm: Dinner at NFLI
7-8pm: Presentation on “Vermont” by OLLI participants

Day 4 (5/14) Tuesday: Meet the Mayor and evening History Talk
8-9am: Breakfast at NFLI
9-10am: Mindfulness and imagination therapy discussion with Dr. Hardule, MD
10-11am: Yoga class
11-12noon: Daily walk/hike: 3 different distances offered
12-1pm: Lunch at NFLI
(Individual sessions offered today during regular afternoon programming, for those going on the Warm River Hike on Thursday afternoon)
1:30-2:30pm: Balance class
3pm: Meet the Mayor of Hverageroi for afternoon tea and discussion
5-5:45pm: Mindfulness session
6-7pm: Dinner at NFLI
7:30-8:30pm: Meet to walk into town (10-12 min walk) with Local Historian to learn about this region of Iceland, Elves, Trolls and other Folklore

Day 5 (5/15) Wednesday: Blue Lagoon and Reykjanes Peninsula
8-9am: Breakfast at NFLI
9am: Depart for the Blue Lagoon
10am: Energy Plant Tour
11-12noon: Bridge between continents walk (15-20 min walking each way)
12-1pm: Picnic lunch (provided by NFLI)
1:30-3:30pm: Swim in Blue Lagoon
4-5pm: Bus ride back to NFLI
6-7pm: Dinner at NFLI

Day 6 (5/16) Thursday: Clinic and optional warm river hike for the afternoon
8-9am: Breakfast at NFLI
9-10am: Energy Tour of NFLI
10-11am: Group dance class
11-12noon: Daily walk/hike: 3 different distances offered
12-1pm: Lunch at NFLI
1-5pm Optional: Warm River Hike OR
1-5pm: Scheduled individual treatments (acupuncture, massage, mud or herbal bath)
5-6pm: Mindfulness class
6-7pm: Dinner at NLFI
7:30-8:30pm: Local musicians perform Icelandic Music Concert (or Friday)

Day 7 (5/17) Friday: Morning at NLFI; Afternoon Adventure
8-9am: Breakfast at NLFI
9-10am: Nutrition discussion on food served at NLFI
10-11am: Healthy sleep discussion
11-12noon: Relaxation class in the pool
12-1pm: Lunch at NLFI
1pm: Tour by Iceland Activities short hike or walk see Gjáinn and the rebuilt farm Stöng
6-7pm: Dinner at NLFI

Day 8 (5/18) Saturday: Depart for the US
8-9am: Breakfast at NLFI
10am: Coach transfer to Reykjavik; transfer from Reykjavik to Keflavik Airport
Late afternoon flight back