

Armenia Program Schedule: Focus on the Four Sources of Energy

(Nature, Food, Breath, Interaction)

Day 1: Saturday, April 19 – Arrival and Grounding

Energy Sources: Food, Interaction

- Arrival at Zvartnots International Airport
- Transfer and hotel check-in, rest after travel
- Introduction to Armenian culture: Visit to the Megerian Carpet Factory
- Welcome event in Yerevan: Getting to know each other and cultural exchange
- City tour of Yerevan: First impressions and encounters

Day 2: Sunday, April 20 – Connection Through Breath and Nature

Energy Sources: Breathing, Nature, Interaction

- Morning ritual: Meditation and breathing exercises in the Azat Gorge
- Exploration of the "Symphony of Stones" and visit to the Geghard Monastery (UNESCO World Heritage Site)
- Cultural activity: Lavash baking with local hosts
- Visit to the Temple of Garni and discovery of ancient pagan traditions
- Journey to the village of Tsaghkunq for culinary and cultural highlights

Day 3: Monday, April 21 – Harmony of Nature and Community

Energy Sources: Nature, Food, Interaction

- Visit to Lake Sevan and a hike in the surrounding area
- Excursion to Dilijan National Park and visit to Haghartsin Monastery
- Culinary exchange: Traditional Armenian pastry-making (Gata baking class)
- Relaxation in the Hankavan hot springs

Day 4: Tuesday, April 22 – Exploring the Depths of Nature

Energy Sources: Nature, Food, Interaction

- Cheese tasting with a local farming family along Lake Sevan
- Visit to the Orbelian Caravanserai on the historic Silk Road
- Walk to Zorats Temple and wildlife observation in the Yeghegis region

Day 5: Wednesday, April 23 – History and Connection to the Earth

Energy Sources: Nature, Interaction

- Exploration of the Areni-1 Cave, home to the world's oldest known winery
- Walk through the ancient cave village of Old Khndzoresk, discovering its historical way of life
- Visit to the Zorats Qarar observatory, an insight into the region's astronomical past

Day 6: Thursday, April 24 – Spiritual and Natural Balance

Energy Sources: Nature, Food, Interaction

- Ride on the Tatev Aerial Tramway and visit to the Tatev Monastery complex
- Journey through the Gnishik Gorge to the Noravank Monastery
- Visit to the Khor Virap Monastery with panoramic views of Mount Ararat

Day 7: Friday, April 25 – Conclusion with Culture and Reflection

Energy Sources: Breathing, Interaction

- Morning ritual: Meditation and breathing exercises for inner reflection
- Encounter with Armenian art and craftsmanship: Visits to ceramic studios and local markets
- Final discussion: Reflection on experiences and sharing of personal insights

Balance of the Four Energy Sources in the Program

Nature: Daily encounters with breathtaking landscapes, from gorges and lakes to historical sites

Food: Authentic culinary experiences combined with cultural exchange

Breathing: Regular breathing exercises and meditation to bring body and mind into harmony

Interaction: Meetings with locals, insights into traditions, and group activities fostering a sense of connection