

## 18<sup>th</sup> May 2018, Museum of History of Medicine

**14:30** Opening of 4th Festival "Sea and Health"

**14:40** "The Contribution of Varna Medical Doctors to Sea Tourism in Varna" – lecture by Assoc. Prof. Georgi Marinov, Rector of MU-Varna in 1987-1990

**15:10** The First Textbook of Maritime Medicine - MU-Vi.TV report

**15:20** "90th Anniversary of the Establishment of the Water Rescue Service in Varna" - lecture by Mr. Lavrentiy Silov, Doyen of the Water Rescue Service at the Bulgarian Red Cross (BRC)

**16:00** Coffee Break

**16:50** Poster Scientific Session "Innovative Discoveries and Long-Term Studies Related to the Sea"

## 19<sup>th</sup> May 2018, the beach in front of Azalia Hotel, St. St. Konstantin and Elena Resort

### **10:00 - 15:00 Thalassotherapy for Face and Body**

SPA procedures with sea water are the perfect way to combine the useful and the pleasant. The students from MU-Varna will take you over to a new world of relaxation, performing procedures with products prepared for you, which contain marine ingredients.

### **10:00- 15:00 Eastern Medicine**

The team of the University Centre for Eastern Medicine at MU – Varna will present opportunities for beneficial impact in the field of "Aesthetic Aspects of Kinesitherapy and Reflexotherapy for Health and Beauty of Body and Soul". The demonstration includes manual lymphatic drainage facial and body massage, anti-cellulite massage and aesthetic acupuncture.

### **10:00am Paneurhythmy on the Beach**

Paneurhythmy is a system of gymnastic exercises that combine movement, speech, music, thought, and influence of the natural environment. The aim of the dance is to achieve harmony with Nature, God and the Universe. Paneurhythmy is based on a philosophy that determines five universal principles - Love, Wisdom, Truth, Justice and Virtue, and enables the connection with light and subtle worlds.

### **10:30am Healing and Prophylactic Gymnastics**

The exercises included in the gymnastics programme, under the guidance of lecturers and students at TS Kinesitherapy, have a healing and prophylactic effect. They build strong muscles, give you freedom in the movement of the spine, build proper posture, prevent new injuries and illnesses. Thanks to it you will regain your mobility and tone.

### **11:00am Water Rescue Demonstration**

The sea hides some dangers as well. If you want to feel safe in its waters, become a part of the demonstration and find out from professional sea lifeguards what techniques you need to undertake in a dangerous situation in the sea.

### **11:30am Beach Game with Skittles**

One of the funniest games with skittles will bring unforgettable emotions to you. You will be able to play in a team, train your speed and dexterity, and have fun with friends.

### **12:00 - 13:30 Lunch Break**

### **13:30 Caribbean Dances by the Sea**

The dances of the Caribbean islands are some of the most various and social dances. They were created especially for entertainment, relaxation, new relationships and abundance of smiles. And when they take place by the seashore, fun is absolutely guaranteed!

### **14:00 - 15:00 Sports Games**