

Sample Day at the Health Retreat

Eating Day

7:00 a.m.	Yoga Class	Enjoy a gentle workout in a peaceful setting.
8:30 a.m.	Check Up	Check your weight and blood pressure every morning to celebrate the progress.
8:45 a.m.	Water	Dilute the toxins and cleanse your kidneys.
9:00 a.m.	Breakfast	Enjoy our mostly organic raw cuisine!
10:00 a.m.	Sharing Time	Grab a box of tissues and join us for a time of love, laughter and tears as we share lessons of life.
11:00 a.m.	Brisk Walk and Deep Breathing	Boost your immune system and get your blood moving faster.
12:00 a.m.	Health Lecture	Be sure to have a pen close by as you'll want to jot down all that you learn during lecture time.
1:00 p.m.	Shot of Wheat Grass and Juice	Get a nutritional bomb and do some blood building.
1:15 p.m.	Water	Re-hydrate your body some more!
1:30 p.m.	Afternoon Nap	Snooze and get refreshed.
2:30 p.m.	Lunch	Our food motto is: Nutritious and Delicious. See whether we are kidding!
3:00 p.m.	Afternoon Stroll	Feeling adventurous? Hike along the seashore in a beautiful park, do a gentle work out in the gym or just sit by the ocean and enjoy the breeze.
4:00 p.m.	Health Video	Awaken your mind to the possibilities of natural wellness and tips on raw food prep.
5:00 p.m.	Watermelon Lemon Punch	Drink and enjoy!
6, 7 and 8 p.m.	Steam Bath	Notice your skin become baby-soft as you enjoy the warmth of the steam bath and cold of contrast showers.
8 a.m. to 9 p.m.	Spa Services and Treatments	Pamper yourself and get cleansed even deeper.
9:00 p.m.	Lights Out	The day is done, you need your sleep. Good night. (No pillow fights, please!)