

Sample Day at the Health Retreat

Semi-Fasting Day



7:00 a.m.	Yoga Class	Enjoy a gentle work out in a peaceful setting.
8:00 a.m.	Check-Up	Check your weight and blood pressure every morning to celebrate the progress.
8:30 a.m.	Isotonic Drink	Wow! Guest's call the Isotonic the blast of the day!
9:00 a.m.	Water	Dilute the toxins and cleanse your kidneys.
9:30 a.m.	Liver/Gallbladder Drink	Cleansing the liver and gallbladder will improve digestion and elimination of waste significantly.
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.
10:45 a.m.	Apples & Wheatgrass	This can be considered your digestive system brush for the day. Eat as many apples as you wish.
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.	Blood Cleanse Tea	Purify your blood and get rid of migraines forever!
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.	Apples & Wheatgrass	Chase your shot of wheatgrass with an apple or two and watch it take your blues away!
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.	Poultice Drink	Bind the toxins and flush them out with a refreshing glass of poultice mixture.
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!)