



## DETOX RETREAT PROGRAM

### DAY 1

4PM - CHECK IN  
5PM - SUSTAINABLE TOUR  
6PM - WELCOME DINNER

### DAY 2

7AM TO 8AM - MORNING WALK AND MEDITATION  
8AM TO 9AM - BREAKFAST  
930AM TO 10AM - CARDIO (OUTDOOR OR INDOOR)  
1030AM TO 1130AM - MEDITATION  
12PM TO 1PM - LUNCH  
1PM - 4PM - FREE TIME FOR HIKING, JOURNALING, GARDENING, MEDITATION, REST, BOARD GAMES, READING, ETC.  
4PM TO 445PM - YOGA CLASS  
6PM - 7PM - DINNER  
7PM TO 8PM - MEDITATION

### DAY 3

7AM TO 8AM - MORNING WALK AND MEDITATION  
8AM TO 9AM - BREAKFAST  
930AM TO 1015AM - CORE (INDOOR)  
1015AM TO 1030AM - STRETCH  
11AM TO 12PM - MEDITATION  
12PM TO 1PM - LUNCH  
1PM - 4PM - FREE TIME FOR HIKING, JOURNALING, GARDENING, MEDITATION, REST, BOARD GAMES, READING, ETC.  
4PM TO 445PM - SURPRISE CLASS!  
6PM - 7PM - DINNER  
7PM TO 8PM - MEDITATION

### DAY 4

7AM TO 8AM - MORNING WALK AND MEDITATION  
8AM TO 9AM - BREAKFAST  
10AM TO 11AM - PILATES  
11AM TO 1115AM - STRETCH  
12PM TO 1PM - LUNCH  
1PM - 4PM - FREE TIME FOR HIKING, JOURNALING, GARDENING, MEDITATION, REST, BOARD GAMES, READING, ETC.  
4PM TO 530PM - Q&A ON HEALTH  
630PM - 730PM - SPECIAL DINNER  
8PM TO 9PM - MEDITATION

### DAY 5

7AM TO 8AM - MORNING WALK AND MEDITATION  
8AM TO 9AM - BREAKFAST  
10AM TO 11AM - FAST PACED TONING CLASS  
11AM TO 1145AM - PACK  
12PM TO 1PM - LUNCH  
130PM - CHECK OUT