

# REVITALIZING DETOX RETREAT

## 6-DAY RETREAT SCHEDULE



Purify your body and awaken your natural healing power.

TIME	DAY 1 ARRIVAL & ORIENTATION	DAY 2 AWARENESS & RELEASE	DAY 3 CLEANSING & RESET	DAY 4 RENEWAL & RECONNECTION	DAY 5 RESTORATION & BALANCE	DAY 6 INTEGRATION & CONTINUATION
6:30 - 7:40 AM		Wind Bath & Walking	Wind Bath & Walking		Wind Bath & Walking	Sunrise Meditation (7:10 - 7:50)
7:50 - 8:30 AM		Mindful Eating	Mindful Eating	Liver Cleanse - 8:00 am Outdoor Training	Mindful Eating	Mindful Eating
9:30 - 11:30 AM		Detox Session	Detox Session		Acupressure & Detox Session	Wrap Up
11:30 AM - 2:00 PM		Mindful Eating & Rest	Mindful Eating & Rest	Mindful Eating & Rest	Mindful Eating & Rest	
2:30 - 4:10 PM		Movie & Sharing	Liver Cleanse Orientation	Movie & Sharing	Outdoor Training & Personal Training	
4:30 - 5:30 PM		Qigong & Meditation		Qigong & Meditation		
5:30 - 6:30 PM		Mindful Eating	Begin Liver Cleanse	Mindful Eating	Mindful Eating	
7:00 - 8:30 PM	Orientation	Self Training (Walk, Hot Bath, etc.)		Self Training (Walk, Hot Bath, etc.)	Self Training (Walk, Hot Bath, etc.)	

\*Program schedule may change depending on weather and retreat flow.



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