

REVITALIZING DETOX RETREAT

6-DAY RETREAT SCHEDULE (2026)



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	Liver Cleanse - 8:00 am Outdoor Training	Wind Bath & Walking	Sunrise Meditation (7:10 - 7:50)
7:50 - 8:30 AM		Mindful Eating	Mindful Eating		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.



Sedona Mago
RETREAT & WELLNESS

3500 E Bill Gray Rd. Sedona, AZ 86336
928.204.3391
sedonamagoretreat.org

REVITALIZING DETOX RETREAT

5-DAY RETREAT SCHEDULE (2027)



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 INTEGRATION & CONTINUATION
6:30 - 7:40 AM		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
9:30 - 11:30 AM		Detox Session	Detox Session		Wrap Up
11:30 AM - 2:00 PM		Mindful Eating & Rest	Mindful Eating & Rest	Mindful Eating & Rest	
2:30 - 4:10 PM		Movie & Sharing	Liver Cleanse Orientation	Movie & Sharing	
4:30 - 5:30 PM		Qigong Meditation		Qigong Meditation	
5:30 - 6:30 PM		Mindful Eating	Begin Liver Cleanse	Mindful Eating	
7:00 - 8:30 PM	Orientation	Self Training (Walk, Hot Bath, etc.)		Self Training (Walk, Hot Bath, etc.)	

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



3500 E Bill Gray Rd. Sedona, AZ 86336
928.204.3391
sedonamagoretrear.org