

Sample Day at the Health Restoration Retreat

Cellular Re-nourishment Cycle - Typical Day



7:00 AM	Yoga or Meditation Class	Enjoy a gentle workout in a peaceful setting or morning meditation: Yoga Class; Guided Meditation on alternative days; Monday: Sleep-in
8:00	Personal Health Check-up	Have your weight and blood pressure checked - celebrate your progress!
8:30	Fitness and Breathing Class	Get your blood flowing and spirits lifted. Master new way of breathing into health.
9:30	Living Breakfast	With Pro-biotics/ Enzymes; Enjoy our mostly organic raw/ vegan cuisine!
10:00	Group Time	Grab a box of tissues and join us for a time of love, laughter and tears as we share our lessons of life.
11:30	Walk or Fitness/Breathing Class	Boost your immune system and get your blood moving.
12:00 PM	Health Lecture/ Workshop	Be sure to have a pen close by as you'll want to jot down all that you learn during lecture time.
1:00	Smoothie & Wheatgrass Shot	Super Smoothie or Green Smoothie & nutritional bomb for blood building.
1:00 - 9:00 PM	Spa Services & Treatments	Enhance yours cleansing experience while pampering yourself
1:30	Rest, Walk, Fitness	Snooze if you need, or if you're feeling adventurous, take a walk along the seashore
2:30	Lunch/Probiotics/Enzymes	Our food motto is: Nutritious and Delicious. See whether we are kidding!
4:00	Health Education	Awaken your mind to the possibilities of natural wellness and tips of raw food prep. Other days include Movement and Dance classes, Fitness & Art... different each day!
4:45	Freshly Squeezed Juice	Our juices are not just delicious, but also contribute to your cleansing experience.
6, 7, & 8:00 PM	Hydrotherapy: Steam Bath	Skin becomes baby-soft; enjoy the warmth of the steam bath and cold contrast shower.
9:00 PM	Lights Out	The day is done, you need your sleep - goodnight & pleasant dreams (no pillow fights!)
Evening Fun	Natural Cosmetics and Bonfire	Once a week evening fun activities (Organic Facial, Hair and Natural Cosmetics)