Day 1

3 to 5 pm – arrival and set-up

5.30 pm – introduction

6 pm - *dinner*

7.30 pm – restorative yoga

*snack, tea, lemon water*

10 pm – lights out

Day 2

7 am - wake up bell  
*16 ounces lemon water*

7.30 am - *celery juice*

8 am - morning meditation

8.45 am – *liver rescue smoothie*

10 to 11 am – movement

Noon – *lunch & free time*

2 pm – forest therapy

*afternoon snack*

5 pm – *dinner & free time*

7 pm – sauna & cold/plunge ceremony

*16 ounces lemon water, apple if desired, lemon balm or hibiscus tea*

10 pm – lights out

Day 3  
7 am - wake up bell  
*16 ounces lemon water*

7.30 am - *celery juice*

8 am - morning meditation

8.45 am – *liver rescue smoothie*

10 to 11 am – movement

Noon – *lunch & free time*

2 pm – Closing Fire Circle

4 pm – Retreat ends