Deep Healing 9-day Retreat

(please refer to whiteboard in kitchen for daily schedule)

7 am wake up bell

16 ounces lemon water (wait 20 minutes)

7.30 am - celery juice (wait 20 minutes)

8 am - morning meditation

8.45 am – breakfast smoothie

*free time*

10 to 11 am – movement

apple if desired

*free time*

Noon – lunch

*free time*

(2 pm afternoon activity some days)

apple (1 or 2), celery sticks, cucumber, 1 to 3 dates

3 pm Circle

*free time*

5 pm dinner

7 pm – evening program most days

16 ounces lemon water

apple if desired

lemon balm or hibiscus tea

(if no evening program – 8 pm sunset meditation)