

# DAILY PROGRAM SCHEDULE

---



## MORNING SCHEDULE

- 8:00 AM** • Detox Drink  
• 2 Super Green supplements  
• Breathing (live session)
- 8:30 AM** • Yoga (live session)
- 9:30 AM** • Meditation (live session)
- 10:00 AM** • Juice Of Choice
- 10:30 AM** • 2 Super Green Supplements
- 11:00 AM** • Detox Drink  
• Holistic Therapy session (depending on your program)
- 11:30 AM** • Guided Walk (optional during the program)



## AFTERNOON SCHEDULE

- 12:00 PM** • Juice Of Choice  
• Group Talks
- 12:30 PM** • Salad or dip of choice
- 1:00 PM** • 2 Super Green supplements  
• Optional Therapy (during the program)
- 3:00 PM** • Juice Of Choice  
• 2 Super Green supplements



## EVENING SCHEDULE

- 6:00 PM** • Yoga (live session)  
• 2 Super Green supplements
- 6:30 PM** • Meditation (live session)
- 7:30 PM** • Salad or mains of choice  
• Dessert
- 8:30 PM** • Detox Drink

Mind Detox Programs Inclusions	5 Days	7 Days	1 Extra Day
Accommodation	4 Nights	6 Nights	-
Wellness Consultation	2	2	0
A full program of organic natural food supplements, intestinal cleanser and pro-biotic healthy bacteria replacement	Daily	Daily	Daily
Body Composition Analysis	2	2	-
Yoga & Meditation Class	2 Daily	2 Daily	2
Breathing	1 Daily	1 Daily	1
Group workshops, activities and talks	1 Daily	1 Daily	1
Fresh Juices	3 Daily	3 Daily	Daily
Detox Juices	3 Daily	3 Daily	Daily
Raw Food	Daily	Daily	Daily
Massage Therapy	1	2	0
Holistic Therapy Sessions	2	2	0
Steam Room/Stay Fit Gym Access	Daily	Daily	Daily
Optional Therapy	1 Optional	1 Optional	0
Reiki Healing	1	1	0
Take Home Guidelines	1	1	1
Price	\$2,500	\$3,600	\$500
Price for 2 people sharing a double room	\$3,750	\$5,400	\$750