

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
• 2 Intestinal Cleanse supplements
- 10:30 AM** • 2 Super Green Supplements
- 11:00 AM** • Detox Drink
• Optional Therapy session (depending on your program)
• 3 Weight Loss supplements - (only with weight loss program)



AFTERNOON SCHEDULE

- 12:00 PM** • Tea of Choice
• Group Talks
- 1:00 PM** • Juice Of Choice
• 2 Super Green supplements
• 2 Intestinal Cleanse supplements
- 3:00 PM** • Juice Of Choice
• 2 Super Green supplements
- 3:30 PM** • 3 Weight Loss supplements – (only with weight loss program)



EVENING SCHEDULE

- 6:00 PM** • Yoga (live session)
• 2 Super Green supplements
- 6:30 PM** • Meditation (live session)
• 2 Intestinal Cleanse supplements
- 7:30 PM** • Guided Walk (optional during the program)
• Detox Soup
- 8:30 PM** • Detox Drink
- 9:30 PM** • Probiotics
- 10:00 PM** • Enema (optional)

Weight Loss Detox Programs Inclusions	7 Days	14 Days	21 Days	1 Extra Day
Accommodation	6 Nights	13 Nights	20 Nights	-
Wellness Consultation	2	2	2	-
A Full program of organic natural food supplements, intestinal cleanser & pro-biotic healthy bacteria replacement	Daily	Daily	Daily	Daily
Body Composition Analysis	2	2	2	-
Detox Juices	3 Daily	3 Daily	3 Daily	3 Daily
Juice Of Choice	3 Daily	3 Daily	3 Daily	3 Daily
Detox Soup	1 Daily	1 Daily	1 Daily	1 Daily
Healthy Salads	2	2	2	-
End of Fast Fruits	1	1	1	-
Yoga & Meditation Class	2 Daily	2 Daily	2 Daily	2
Breathing	1 Daily	1 Daily	1 Daily	1
Group talks	1 Daily	1 Daily	1 Daily	1
Massage Therapy	2	3	4	-
Personal Training Sessions	3	6	9	-
Reiki Healing	1	2	3	0
Steam Room/Stay Fit Gym Access	Daily	Daily	Daily	Daily
Dance Therapy or Pilates	1 Optional	1 Optional	1 Optional	-
Optional Enema Guide	Daily	Daily	Daily	Daily
Take Home Guidelines	1	1	1	1
Price	\$3,500	\$7,000	\$10,500	\$500
Price for 2 people sharing a double room	\$5,250	\$10,500	\$15,750	\$750