

DOCTOR MONITORED CLEANSE

SAMPLE SCHEDULE

SUNDAY

3:00 PM	Check In
3:00 PM - 6:00 PM	Relax/Spa Treatments
6:00 PM - 7:30 PM	Retreat Overview/Orientation

MONDAY

8:00 AM - 9:00 AM	Gentle Hatha Yoga & Meditation
9:30 AM - 10:30 AM	Doctor Rounds
11:00 AM - 12:00 PM	Applied Nutrition Class
12:00 AM - 4:00 PM	Relax/Spa Treatments
4:00 PM - 5:00 PM	Ask the Doctor Q & A Session
5:00 PM - 7:00 PM	Relax/Spa Treatments
7:00 PM - 8:00 PM	Meditative Mandala Art Class

TUESDAY

8:00 AM - 9:00 AM	Gentle Hatha Yoga & Meditation
9:30 AM - 10:30 AM	Doctor Rounds
11:00 AM - 12:00 PM	Applied Nutrition Class
12:00 PM - 4:00 PM	Relax/Spa Treatments
4:00 PM - 5:00 PM	Ask the Doctor Q & A Session
5:00 PM - 7:00 PM	Relax/Spa Treatments
7:00 PM - 8:00 PM	Movie Night

WEDNESDAY

8:00 AM - 9:00 AM	Gentle Hatha Yoga and Meditation
9:30 AM - 10:30 AM	Doctor Rounds
11:00 AM - 12:00 PM	Applied Nutrition Class
12:00 AM - 4:00 PM	Relax/Spa Treatments
4:00 PM - 5:00 PM	Ask the Doctor Q & A Session
5:00 PM - 7:00 PM	Relax/Spa Treatments
7:00 PM - 8:00 PM	Mineral Spring Sound Bath

THURSDAY

8:00 AM - 9:00 AM	Gentle Hatha Yoga & Meditation
9:30 AM - 10:30 AM	Doctor Rounds
11:00 AM - 12:00 PM	Applied Nutrition Class
12:30 PM - 2:00 PM	Food Preparation Class
2:00 PM - 3:00 PM	Relax/Spa Treatments
3:00 PM - 4:00 PM	Ask the Doctor Q & A Session
4:00 PM - 7:00 PM	Relax/Spa Treatments
7:00 PM - 8:00 PM	An Evening with the Stars

FRIDAY

9:00 AM - 11:00 AM	Summary and Light Meal
12:00 PM	Check Out
12:00 PM - 3:00 PM	Relax/Spa Treatments

BOOK EARLY TO ENSURE YOUR SPOT
CALL (760) 251-6700 OR EMAIL retreat@the-spring.com