



## Renewal Cleanse Program Retreat Schedule\*

Sunday, Aug. 2		Event	Location
3:00 PM	6:00 PM	Check-In and Relax	The Spring
<i>6:00 PM</i>		Juice	
6:00 PM	8:00 PM	Retreat Overview/Orientation	
8:00 PM	9:00PM	Bed	
Monday, Aug.3			
7:00 AM	8:30 AM	Yoga/Meditation/ Breathing	John Quirk
<i>9:00 AM</i>		Juice	
10:00 AM	11:00 PM	Group Introductions	
<i>11:00 AM</i>	<i>12:00 PM</i>	<i>Uprooting the Leading causes of death, by Dr. Greger</i>	<i>In Room</i>
<i>12:00 AM</i>		Juice	
12:00 AM	2:00 PM	Free time	
2:00 PM	3:00 PM	Wellness workshop- Wim Hof <i>Breathing</i>	Online
<i>3:00 PM</i>		Juice	
4:00 PM	5:00 PM	Yin / Gentle yoga	Lawn
<i>5:00 PM</i>		Juice	
6:00 PM	8:00 PM	Free time	
8:00 PM	9:00 PM	Bed	
Tuesday, Aug. 4			
7:00 AM	8:30 AM	Yoga/Meditation / Breathing	Lawn / Online
<i>9:00 AM</i>		Juice	
10:00 AM	11:00 AM	Free time	
11:00 AM	12:00 PM	Watch Dr. Solar - Benefits of a <i>Plant-based diet</i>	Living Room/Online
<i>12:00 PM</i>		Juice	
12:00 PM	2:00 PM	Free time	
2:00 PM	3:00 PM	Wellness workshop- yoga at home	Online
<i>3:00 PM</i>		Juice	
4:00 PM	5:00 PM	Yin / Gentle yoga	Lawn/ Online
<i>5:00 PM</i>		juice	
6:00 PM	8:00 PM	Movie night: Forks over Knives	Living Room/Online

8:00 PM      9:00 PM      Bed

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<b>Wednesday, Aug. 5</b>		<b>Event</b>	<b>Location</b>
7:00 AM	8:30 AM	Yoga/Meditation / Breathing	Online
<i>9:00 AM</i>		<i>Juice</i>	
10:00 AM	11:00 AM	Free time	
11:00 AM	12:00 PM	Salt, Sugar, and Oil- the Good the Bad and Ugly, by DR. Klaper	Living Room/Online
<i>12:00 PM</i>		<i>Juice</i>	
12:00 PM	2:00 PM	Free time	
2:00 PM	3:00 PM		
<i>3:00 PM</i>		<i>Juice</i>	
4:00 PM	5:00 PM	Yin / Gentle yoga	Lawn/Online
<i>5:00 PM</i>		<i>Juice</i>	
6:00 PM	8:00 PM	Free time	
8:00 PM	9:00 PM	Bed	

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<b>Thursday, Aug. 6</b>			
7:00 AM	8:30 AM	Yoga/Meditation / Breathing	Lawn / Online
<i>9:00 AM</i>		<i>Juice</i>	
9:00 AM	11:00 AM	Free time	
11:00 AM	12:00 PM	Artery function, keeping your <i>Body younger, by Dr. Solar</i>	Living Room/Online
<i>12:00 PM</i>		<i>Juice</i>	
12:00 PM	2:00 PM	Free time	
2:00 PM	3:00 PM	Wellness workshop, - Food <i>Education, incorporating habits</i>	Villa B/Online
<i>3:00 PM</i>		<i>Juice</i>	
4:00 PM	5:00 PM	Free time	
<i>5:00 PM</i>		<i>Juice</i>	
6:00 PM	8:00 PM	Wellness workshop – Karma yoga	Online
8:00	9:00 PM	Bed	

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**Friday, Aug. 7th**

12:00 PM      Check Out

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**\*Schedule is subject to change**