



## Dr. Monitored Cleanse Schedule

---

### Sunday, Sept.20

	Event	Location
3:00 PM	Check – in	Front Desk
3:00 PM - 5:00 PM	Relax/Spa treatments	
6:00 PM	Juice	
6:00 PM 7:00 PM	Retreat Orientation	Livingroom

---

### Monday, Sept.21

7:00 AM 8:00 AM	Yoga & Meditation	Grass area
9:00 AM	Juice	
10:00 AM 11:00 AM	Applied nutrition classes	Livingroom
12:00 PM	Juice	
1:00 PM 3:00 PM	Relax / Spa services	
3:00 PM	Juice	
4:00 PM 5:00 PM	Meditation Workshop	Livingroom
6:00 PM	Juice	
7:00 PM 8:00 PM	Breathing workshop – Wim Hof Method	Grass area

---

### Tuesday, Sept.22

7:00 AM 8:00 AM	Yoga & Meditation	Grass area
9:00 AM	Juice	
10:00 AM 11:00 AM	Dr. Soler – Benefits <i>Plant-based diet</i>	Livingroom
12:00 PM	Juice	
1:00 PM 3:00 PM	Relax / Spa treatments	
3:00 PM	Juice	
4:00 PM 5:00 PM	Ask the Doctor Q & A session	Livingroom
6:00 PM	Juice	
7:30 PM 8:30 PM	Qigong	Grass area

---

### Wednesday, Sept.23

	Event	Location
7:00 AM 8:00 AM	Yoga & Meditation w/ John	Grass area
9:00 AM	Juice	
10:00 AM 11:00 AM	Dr. Greger – uprooting the leading causes of death	
12:00 PM	Juice	

1:00 PM	3:00 PM	Relax / Spa treatments	
3:00 PM		<i>Juice</i>	
4:00 PM	5:00 PM	Meditation w/ Ladybeth	Livingroom
6:00 PM		<i>Juice</i>	
7:30 PM	8:30 PM	Healing Meditation w/ Ladybeth & John	Lawn

---

**Thursday, Sept.24**

7:00 AM	8:00 AM	Yoga & Meditation w/John	Grass area
9:00 AM		<i>Juice</i>	
10:00 AM	11:00 AM	Artery function + keeping the body younger -	Livingroom
12:00 PM		<i>Juice</i>	
1:00 PM	3:00 PM	Relax / Spa treatments	
3:00 PM		<i>Juice</i>	
4:00 PM	5:00 PM	Wellness workshop (Food education)	Villa B
6:00 PM		<i>Juice</i>	
7:00 PM	8:00 PM	Qigong w/ Eli	

---

**Friday, Sept.25**

8:00 AM	9:00 AM	Yoga & Meditation – John & Ladybeth	
10:00 AM		Brunch	Livingroom
12:00 PM		Check Out	

---

**Monday & Tuesday**  
 Between 11am & 1pm  
 Complementary Doctor Consultations  
 20min. Session with Dr.Soler

**Please see Front Desk to sign up!**