

Detox Cuisine & Nutrition Retreat Daily Schedule

Time	26th June	27th June	28th June	29th June	30th June
7:00 AM		Detox Juice	Detox Juice	Detox Juice	
8:00 AM		Morning Pranayama (30 mins)	Morning Pranayama (30 mins)	Morning Pranayama (30 mins)	Morning Pranayama (30 mins)
8:30 AM		Nutritionist Consultation (30 mins each)	Yoga Group Class (8.30-9.30)	Detox Drink Demo workshop	Wellness Cuisine Breakfast
9:00 AM					
9:30 AM			Detox Juice		
10:00 AM		Detox Juice	Massage or Colon hydrotherapy or Free time		
11:00 AM		Cooking Class			Cooking Class
11:30 AM				Checking out	
12:00 PM	Arrival & Check In			Lunch : Detox Cuisine	
12:30 PM					
1:00 PM			Free & Easy		
1:30 PM			Lunch : Detox Cuisine	Lunch : Detox Cuisine	
2:00 PM					
2:30 PM		Reformer Group Class	Detox Yoga Workshop with Jana	Art of Eating Workshop	
3:00 PM					
3:30 PM	Welcome Orientation				
4:00 PM			Free & Easy		
4:30 PM		Massage or Colon hydrotherapy or Free time			
5:00 PM				Massage or Colon hydrotherapy or Free time	
5:30 PM			Cooking Class		
6:00 PM					
6:30 PM	Welcome Dinner with Detox Cuisine				
7:00 PM		Detox Cuisine Dinner	Dinner Detox Cuisine	Farewell Dinner	
7:30 PM					