

4 Day Juicing & Yoga Retreat

Friday 15th to Monday 18th September 2017

Itinerary

Friday 15th

4.00	Check in
6.00 – 7.00	Juice and welcome talk
7.30 – 9.30	Treatments/sauna

Saturday 16th

8.00	Ginger / apple shot
8.15	Showers and body brushing
9.30	First juice
10.00 – 12.00	Yoga Session
12.30	Second juice
1.00 – 3.30	Free time
3.30	Third juice
4.00 – 6.00	Treatments / sauna
6.30	Fourth juice
7.00 – 9.00	Activity to be confirmed

Sunday 17th

8.00	Ginger / apple shot
8.15	Showers and body brushing
9.30	First juice
10.00 – 12.00	Yoga Session
12.30	Second juice
1.00 – 3.30	Free time
3.30	Third juice
4.00 – 6.00	Treatments / sauna
6.30	Fourth juice
7.00 – 9.00	Activity to be confirmed

Monday 18th

8.00	Ginger / apple shot
8.15	Showers and body brushing
9.30	First juice
10.00 – 12.00	Yoga Session
12.30	Crunchy buffet
1.00 – 3.00	Treatments/Sauna
3.30	Talk, feedback
4.00	Check out
