

ABSOLUTE SANCTUARY

This is a typical day on a Detox retreat.

TIME	ACTIVITY
07:00 – 08:00	First Detox Drink
08:00 – 08:30	Meditation Session
08:30 – 09:30	Yoga Session
09:30 – 10:00	First Good Green Stuff Shot
10:00 – 11:00	Thai Massage
11:00 – 12:00	Colon Hydrotherapy
12:00 – 13:00	Detox Lunch
13:00 – 15:00	Relaxation time or à la carte treatment
15:00 – 15:30	Second Detox Drink
15:30 – 16:30	Relaxation time or à la carte treatment
16:30 – 17:00	Second Good Green Stuff Shot
18:00 – 19:00	Detox Dinner