

# ABSOLUTE SANCTUARY

This is a typical day on a Lifestyle Change retreat.

TIME	ACTIVITY
07:00 – 08:00	Breakfast
08:00 – 08:30	Meditation Session
08:30 – 09:30	Yoga Session
09:30 – 10:00	Far Infrared Sauna Treatment
10:00 – 11:00	Group Pilates Reformer Class
11:00 – 12:00	Manual Lymphatic Drainage Massage
12:00 – 13:00	Lunch
14:30 – 15:00	Magnesium Foot Soak
15:00 – 16:00	Aroma Oil Massage
18:00 – 19:00	Dinner