

Timings	Tuesday	Wednesday	Thursday	Friday	Saturday
08:00-09:00		Yoga/walk	Yoga/walk	Yoga/walk	Yoga/walk
09:45-10:00		Ginger shot & juice	Ginger shot & juice	Ginger shot & juice	Ginger shot & juice
10:00-13:00		Workshop	Workshop	Workshop	Workshop
					Juicing: taking it forward & light lunch
13:00-16:00		Optional therapies, juices and free time	Optional therapies, juices and free time	Optional therapies, juices and free time	
16:00-18:00	Arrival for registration and COVID-19 testing	Emotional Freedom Technique	Women's hormonal health and gut health	Goal setting and vision board	
18:00-19:00	Welcome, intro to therapists, Juicy Q&As	Free Time &	Free Time	Free Time	
19:00-19:30	Warming Soup				
19:30-20:30	Chi Gung and hand massage	Chakra dancing	Yoga Nidra & Meditation	Yoga Nidra & Meditation	
21:00	Bedtime herbal teas	Bedtime herbal teas	Bedtime herbal teas		