

## Trinity Wellness Juice Health Retreat

Time	Day 1 Monday	Day 2 Tuesday	Day 3 Wednesday	Day 4 Thursday	Day 5 Friday
7:00 am					
8:30 – 9:00 am	Breakfast (Green Smoothie)	Breakfast (Veggie Juice)	Breakfast (Veggie Juice)	Breakfast (Veggie Juice)	Breakfast (Green Smoothie)
9:30 – 10:30 am	Class – “Who Am I? What is My Purpose?”	Fr. John Mental Detox	Class – “Detoxing for Life”	Class How We Heal with Cherie	“Living the Healthy Lifestyle: How to Shop, Eat, and Stay Healthy: How to Take the Program’ with Cherie
10:30 am	Wheatgrass juice (1 oz)	Wheatgrass juice (1 oz)	Wheatgrass juice (1 oz)	Wheatgrass juice (1 oz)	
11:00- Noon	Exercise class “Breath and Movement”	Exercise class “Breath and Movement”	Exercise class “Breath and Movement”	Exercise class “Breath and Movement”	11:15 Lunch
12:00- 1:00	Lunch	Veggie Juice	Veggie Juice	Veggie Juice	
1:00 – 2:00 pm	Class	Juicing for Health with Cherie	Class Fr. John– “Emotional Detox”	Class – Fr. John De-stress: How to Live From a Happy Heart	Good Bye to Our Sweet Friends
2:15 pm	Wheatgrass juice (1oz)	Wheatgrass juice (1oz)	Wheatgrass juice (1 oz)	Wheatgrass juice (1 oz)	
4:00 pm		Snack	Snack	Snack	
5:30 pm	Dinner	Dinner	Dinner	Dinner – Break the fast	Dinner
6:30 – 7:30 pm	Cherie The Anti-Aging Brain	Class Resilience Advantage	Taize Service	Group Interaction	

# Trinity Wellness Juice Health Retreat

## Daily Schedule

<b>Sunday</b>	<b>Activity</b>	<b>Presenter</b>	<b>Location</b>	<b>Notes</b>
1:00 – 5:00 pm	Check in		Hall of States	
5:30 pm	Welcome		Dining room	
5:30 pm	Dinner		Dining room	
7:00 – 8:30 pm	Orientation		Classroom	
9:00 pm	Begin silence until morning			

## Trinity Wellness Juice Health Retreat

<b>Day 1</b> <b>Monday</b>	<b>Activity</b>	<b>Presenter</b>	<b>Location</b>	<b>Notes</b>
7:00 am				
8:30 – 9:00 am	Breakfast (Green Smoothie)		Dining Room	
9:30 – 10:30 am	Class – “Who Am I? What is My Purpose?”	Fr. John Calbom	Classroom	
10:30 am	Wheatgrass juice (1 oz)		Dining room	
10:45 – 11:45 am	Exercise class “Breath and Movement”	Dr. Nina	TBD	
12:00 - 1:00 pm	Lunch		Dining room	
1:00 – 2:00 pm	Class – “Juicing to Cleanse, Heal, and Rejuvenate the Body”	Cherie Calbom	Classroom	
2:15 pm	Wheatgrass juice (1 oz)		Dining room	
4:00 pm	Facial class		Classroom	\$20
5:30 pm	Dinner		Dining room	
6:30 – 7:30 pm	Class – “Healthy Digestion--Source of Vibrant Health”	Dr. Nina	Classroom	
9:00 pm	Bedtime			

## Trinity Wellness Juice Health Retreat

<b>Day 2 Tuesday</b>	<b>Activity</b>	<b>Presenter</b>	<b>Location</b>	<b>Notes</b>
7:00 am				
8:30 – 9:00 am	Breakfast (Veggie Juice)		Dining Room	
9:30 – 10:30 am	Class – “Detoxing for Life	Cherie Calbom	Classroom	
10:30 am	Wheatgrass juice (1 oz)		Dining room	
10:45 – 11:45 am	Exercise class “Breath and Movement”	Dr. Nina		
12:00 pm	Veggie Juice		Dining room	
1:00 – 2:00 pm	Class ” “Healing Power of Water”	Dr. Nina	Classroom	
2:15 pm	Wheatgrass juice (1oz)		Dining room	
4:00 pm	Snack		Dining room	
5:30 pm	Dinner		Dining Room	
6:30 – 7:30 pm	Class –Emotional Detox	Fr. John Calbom	Classroom	
8:00 pm	Begin silence until morning			
9:00 pm	Bedtime			

## Trinity Wellness Juice Health Retreat

Day 3 Wednesday	Activity	Presenter	Location	Notes
<b>7:00 am</b>				
<b>8:30 – 9:00 am</b>	<b>Breakfast (Veggie Juice)</b>		<b>Dining Room</b>	
<b>9:30 – 10:30 am</b>	<b>Class – “The Truth about Fats and Oils”</b>	<b>Cherie Calbom</b>	<b>Classroom</b>	
<b>10:30 am</b>	<b>Wheatgrass juice (1 oz)</b>		<b>Dining room</b>	
<b>10:45 – 11:45 am</b>	<b>Exercise class “Breath and Movement”</b>	<b>Dr. Nina</b>	<b>Meadow</b>	
<b>12:00 pm</b>	<b>Veggie Juice</b>		<b>Dining room</b>	
<b>1:00 – 2:00 pm</b>	<b>Class – “Mental Detox”</b>	<b>Fr. John Calbom</b>	<b>Classroom</b>	
<b>2:15 pm</b>	<b>Wheatgrass juice (1 oz)</b>		<b>Dining room</b>	
<b>4:00 pm</b>	<b>Snack</b>		<b>Dining room</b>	
<b>5:30 pm</b>	<b>Dinner</b>		<b>Dining Room</b>	
<b>6:30 – 7:30 pm</b>	<b>Class – “Pathways of Elimination”</b>	<b>Dr. Nina</b>	<b>Classroom</b>	
<b>8:00 pm</b>	<b>Begin silence until morning</b>			
<b>9:00 pm</b>	<b>Bedtime</b>			

## Trinity Wellness Juice Health Retreat

<b>Day 4 Thursday</b>	<b>Activity</b>	<b>Presenter</b>	<b>Location</b>	<b>Notes</b>
7:00 am				
8:30 – 9:00 am	Breakfast (Veggie Juice)		Dining Room	
9:30 – 10:30 am	Class – “Heart, Happiness, De-stressing & Biofeedback”	Fr. John Calbom	Classroom	
10:30 am	Wheatgrass juice (1 oz)		Dining room	
10:45 – 11:45 am	Exercise class “Breath and Movement”	Dr. Nina	Meadow	
12:00 pm	Veggie Juice		Dining room	
1:00 – 2:00 pm	Class – “Healthy Breathing – The Foundation of Life, Restorative Sleep”	Dr. Nina	Classroom	
2:15 pm	Wheatgrass juice (1 oz)		Dining room	
4:00 pm	Dehydrated snack		Dining room	
5:30 pm	Dinner – Break the fast Yeah!!!		Dining room	
6:30 – 7:30 pm	Class – “The Carbohydrate Conundrum – Sweeteners, Carbs, and Starch)	Cherie Calbom	Classroom	
7:45 pm	Taize Service		Chapel	
8:00 pm	Begin silence until morning			
9:00 pm	Bedtime			

## Trinity Wellness Juice Health Retreat

<b>Day 5 Friday</b>	<b>Activity</b>	<b>Presenter</b>	<b>Location</b>	<b>Notes</b>
7:00 am				
8:30 – 9:00 am	Breakfast (Green Smoothie)		Dining Room	
9:30 – 10:30 am	Mitochondrial--Cell Energy	Dr. Nina	Classroom	
10:30 am	Wheatgrass juice (1 oz)		Dining room	
10:45 – 11:45 am	Exercise class “Breath and Movement”	Dr. Nina		
12:00 pm	Lunch –		Dining room	
1:00 – 2:30 pm	Class – “Living the Healthy Life Style”	Cherie Calbom	Classroom	
2:30 pm	Wheatgrass juice (1 oz)		Dining room	
4:00 pm	Recipe/food prep class with Chef Stevie		Classroom	
5:30 pm	Dinner		Dining room	
6:30 – 7:30 pm	Class – “Closing class”	Fr. John Calbom	Classroom	
8:00 pm	Begin silence until morning			
9:00 pm	Bedtime			

Saturday Breakfast: 8:00 - 8:30 a.m. Green Smoothie

Good Bye Sweet Friends!