

RETREAT SCHEDULE

Sunday	Activity		Location	Notes
1:00 – 5:00 pm	Check in		Front or dining area	
5:30 pm	Welcome		Dining room	
5:30 pm	Dinner		Dining room	
6:30 – 7:30 pm	Orientation		Classroom	
9:00 pm	Night Night			

Time	Day 1 Monday	Day 2 Tuesday	Day 3 Wednesday	Day 4 Thursday	Day 5 Friday
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 –“How to Change Your Diet & How We Heal” Cherie	Fr. John Mental Detox	Class – “Detoxing for Life”	Class The Anti-Aging Brain Cherie	“Living the Healthy Lifestyle: How to Shop, Eat, and Stay Healthy:’ 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” 10:30	Exercise class “Breath and Movement”	11:15 Lunch
12:00	Lunch	Veggie Juice	11:30 am Veggie Juice	Veggie Juice	Retreat ends
1:00 – 2:00 pm	Class “Who Am I? What is My Purpose?” Fr. John	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	Resilience Advantage Fr. John	Class	Taize Service	Group Interaction	