



ORGANIC
*Juice & Raw
 Foods Retreat*
*Relax the Mind...Renew the Body...
 Revive the Soul!*

May 1-5, and September 11-15, 2022

RETREAT SCHEDULE FOR ARRIVAL SUNDAY—Day 1

Sunday	Activity	Location	Notes
3-5:30	Check-in; snack in dining room at 3:00 pm	Front or dining area	
5:30 pm	Welcome juice cocktail in dining room	Dining room	
5:30 pm	Dinner	Dining room	
6:30 – 7:30 pm	Orientation	Classroom	
9:00 pm	Night Night		

Time	Day 2 Monday	Day 3 Tuesday	Day 4 Wednesday	Day 5 Thursday
8:30 – 9:00 am	Breakfast (Green Smoothie)	Breakfast (Veggie Juice)	Breakfast (Veggie Juice)	Breakfast (Green Smoothie)
9:00 am	Morning PrayerChapel	Morning PrayerChapel	Morning PrayerChapel	No Morning Prayer; Must vacate the room by10 am
9:30- 10:30 am	Class: <i>Juicing for Health</i>	Fr. John <i>Mental Detox</i>	Class – <i>Detoxing for Life</i>	<i>Living the Healthy Lifestyle: How to Shop, Eat, and Stay Healthy: with Cherie</i>
10:30 am	Wheatgrass juice (1 oz)	Wheatgrass juice (1 oz)	Wheatgrass juice (1 oz)	
11:00 - noon	Exercise class: <i>Breath and Movement</i>	Exercise class: <i>Breath and Movement</i>	10:30 Exercise class: <i>Breath and Movement</i>	11:15 Lunch
12:00	Raw Food Lunch	Veggie Juice	Veggie Juice	Retreat ends: Good Bye to Our Sweet Friends
1:00 – 2:00 pm	Class: <i>Love & Forgiveness</i>	Class: <i>Food & Juice Prep</i>	Class: Fr. John <i>De-stress: How to Live from a Happy Heart</i>	
2:15 pm	Wheatgrass juice (1oz)	Wheatgrass juice (1oz)	Wheatgrass juice (1 oz)	
4:00 pm		Snack	Snack	
5:30 pm	Dinner	Dinner	Dinner	
6:30 – 7:30 pm	Class: Fr. John Emotional Detox	TAIZE Service	Group Interaction	