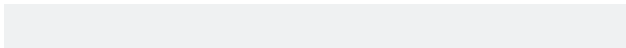




ORGANIC
*Juice & Raw
 Foods Retreat*
*Relax the Mind...Renew the Body...
 Revive the Soul!*



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 by 10 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	

Welcome to Our Juice and Raw Foods Retreat

Thank you for registering for our retreat. The following are pertinent details for your 5 days of cleansing: You can prepare for the raw food and juice cleanse week by eating lighter the week before and juicing each day.

Check-in is between 3 and 5:30 pm on Day 1. Juice cocktail along with dinner begins at 5:30 pm in the dining room. You have free time until dinner. The retreat ends on Day 5 with lunch at 11:15am.

Address of Spirit in the Desert Retreat Center 7415 E Elbow Bend Rd, Carefree, AZ 85377
(480) 488-5218

Airport: Phoenix Sky Harbor. Most people have found the best price for transportation to the retreat center was Uber or Lyft. A few people take the shuttle.

What to bring: You will need to bring shampoo and conditioner and a hair dryer, as this is not provided. I take credit cards, but you will need a check book or cash to pay for other services that you choose such as massages. You may want to bring a towel or mat for floor exercise. You may also want to bring a pen and highlighter for notes. We will provide a notebook and handouts. We will also provide plastic water bottles. If you want a different bottle, we suggest you bring your own.

Payment: Your credit card will be charged \$600 deposit at the time of registration. The remaining balance will be charged to your card about 30 days before the retreat begins.

If you must cancel within 30 days of the retreat, your deposit is not refundable. You can transfer it to another retreat. If you must cancel within 7 days of the retreat, the balance of the retreat is not refundable as the food will have been purchased. If we can fill your spot, we can refund a portion of the balance.

What to wear: You will only need casual clothes. Bring walking shoes as there are beautiful places to walk around the retreat center. The mornings and evenings can be cool so bring a light jacket and layers. There is a pool and jacuzzi so bring your suit.

Food allergies: We will be serving raw vegan foods and vegetable juices. The only fruit will be lemon, lime, and a little green apple or pear. We will not serve any wheat, corn, soy, or dairy. A couple of the raw food recipes will have tree nuts.

Cherie and Fr. John Contact #s: If you have an emergency, you can text our cell #s (Cherie) 206-225-3264 or (Fr. John) 206-225-3265.

We look forward to seeing you. Safe travels.

Cherie