DETOX RETREAT @ HOME

RESET – RELAX - RECHARGE

STARTING DAY

- 15:00 Online introduction & Cleanse shot
- 15:30 – 16.15 Workshop Resilience: a new beginning! & Juice
- 17:00 – 18.15 Online yoga: stimulate your digestion with twists
- 19:00 Soup
- 21:00 Relaxing tea

DAY PROGRAMME SATURDAY

- 08:00 Kick Juice
- 09:00 – 10:00 Online fitness
- 10:00 Juice
- 10:30 – 11:30 (Nature)walk
- 11:30 Online meeting
- 12:00 Juice
- 13:00 Liver packing
- 14:00 Foot bath & Juice
- 15:00 Cleanse Shot
- 16:00 Juice
- 17:00 – 18:15 Online Breathe & Restore
- 18:15 Juice
- 19:00 Soup
- 21:00 Relaxing tea

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DAY PROGRAMME SUNDAY

- 08:00 Kick Juice
- 09:00 – 10:00 Online Fitness
- 10:00 Juice
- 10:30 – 11:30 (Nature)walk
- 12:00 Online nutrition workshop & Juice
- 13:00 Liver packing
- 14:00 Foot bath & Juice
- 15:00 Cleanse Shot
- 16:00 Juice
- 17:00 – 18:15 Online Soft Yoga
- 18:15 Juice
- 19:00 Soup
- 21:00 Relaxing tea

DAY PROGRAMME MONDAY

- 08:00 Kick Juice
- 09:00 – 10:00 Online Fitness
- 10:00 Juice
- 10:30 – 11:30 (Nature)walk
- 12:00 Online meeting & Juice
- 13:00 Liver packing
- 14:00 Foot bath & Juice
- 15:00 Cleanse Shot
- 16:00 Juice
- 17:00 – 18:15 Online Soft Yoga
- 18:15 Juice
- 19:00 Soup
- 21:00 Relaxing tea

DAY PROGRAMME TUESDAY

- 08:00 Kick Juice
- 09:00 – 10:00 Online fitness
- 10:00 Juice
- 10:30 – 11:30 (Nature)walk
- 12:00 Online meeting & Juice
- 13:00 Liver packing
- 14:00 Foot bath & Juice

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- 15:00 Cleanse Shot
- 16:00 Juice
- 17:00 – 18:15 Online Breathe & Restore
- 18:15 Juice
- 19:00 Soup
- 21:00 Relaxing tea

DAY PROGRAMME WEDNESDAG

- 08:00 Kick Juice
- 09:00 – 10:30 Online Fitness: strengthen your core
- 10:30 Juice
- 10:45 – 11:45 (Nature)walk
- 11:45 Juice
- 12:00 Online meeting & Juice
- 13:00 Liver packing
- 14:00 Foot bath & Juice
- 15:00 Cleanse Shot
- 16:00 Juice
- 17:00 – 18:15 Online Yoga: Open your Hips
- 18:15 Juice
- 19:00 Soup
- 21:00 Relaxing tea

DAY PROGRAMME THURSDAY

- 08:00 Kick Juice
- 09:00 – 10:00 Online fitness
- 10:00 Juice
- 10:30 – 11:30 (Nature)walk
- 12:00 Online meeting & Juice
- 13:00 Liver packing
- 14:00 Foot bath & Juice
- 15:00 Cleanse Shot
- 16:00 Juice
- 17:00 – 18:15 Online Zachte Yoga
- 18:15 Juice
- 19:00 Soup
- 21:00 Relaxing tea

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DAY PROGRAMME FRIDAY

- 08:00 Kick Juice
- 09:00 – 10:30 Online Fitness: strengthen your core
- 10:30 Juice
- 10:45 – 11:45 (Nature)walk
- 12:00 Online meeting: farewell & Juice
- 13:00 Liver packing
- 14:00 Foot bath & Juice
- 15:00 Cleanse Shot
- 16:00 Juice
- 21:00 Relaxing tea

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