



DETOX RETREAT @ HOME

RESET – RELAX - RECHARGE

STARTING DAY

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

DAY PROGRAMME SATURDAY

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

DAY PROGRAMME SUNDAY

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

DAY PROGRAMME MONDAY

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