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DAY 1								 Wellness Checkup	 Onsen	 Massage	 Bed Time
DAY 2	 Getting To Know You	 Retreats Orientation	 Glauber Salt Intestinal Cleanse		 Rest / Massage Liver Compress		 Wellness Class	 Zip Line	 Evening Talk	 Water Meditation	 Bed Time
DAY 3	 Hot Spring Immersion	 Tea Ceremony	 Juice Class	 Nature Walk	 Rest / Massage Liver Compress		 Wellness Class	 Yoga Class	 Evening Talk	 Meditation	 Bed Time
DAY 4	 Morning Exercise	 Tea Ceremony	 Cycling Tour	 Hot Spring	 Rest / Massage Liver Compress		 Wellness Class	 Yoga Class	 Evening Talk	 Meditation	 Bed Time
DAY 5	 Morning Exercise	 Tea Ceremony	 Nature Walk	 Hot Spring	 Rest / Massage Liver Compress		 Wellness Class	 Rebounding Class	 Evening Talk	 Meditation	 Bed Time
DAY 6	 Morning Exercise	 Tea Ceremony	 Raw Food Class	 Rest/ Enerma	 Rest / Massage/ Liver Compress		 Wellness Class	 Rebounding Class	 Evening Talk	 Meditation	 Bed Time
DAY 7	 Morning Exercise	 Tea Ceremony	 Cycling Tour	 Rest/ Enerma	 Rest / Massage Liver Compress		 Wellness Class	 Water Yoga Class	 Evening Talk	 Meditation	 Bed Time
DAY 8	 Morning Exercise	 Tea Ceremony	 Light Breakfast	 Nature Walk	 Rest / Massage Liver Compress		 Wellness Class	 Farewell			