

	6:30 - 9:00		9:00 - 12:00		12:00 - 15:00		15:00 - 18:00		18:00 - 20:00	
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	 Farewell			