

**Thursday, SAMPLE**

- 6:45 – 7:55 Walk or Run at Haverhill Park w/ Yvonne (WH)
- 7:00 – 8:00 Chinese Health Exercises w/ Dr. Keith (Yurt)
- 8:00 – 9:00 Meditation w/ Dr. Keith (Yurt)
- 8:05 – 9:00 Strength Training & Stretch w/ Yvonne (Gym)
- 9:15 – 10:15 Mat Pilates w/ Yvonne (Yurt)
- 9:30 – 12:15 Healing Circle/Support Group w/ Andy Bernay-Roman (WH)
- 12:30 – 2:00 Lunch
- 2:15 – 3:15 The Healing Power of InfraRed w/ Robbie (WH)
- 3:30 – 5:00 Kitchen Techniques w/ Ken (WH)
- 5:00 – 6:00 Yoga w/ Gurunam (Yurt)
- 5:30 – 7:00 Dinner
- 7:15 pm Facial Techniques w/ Eniko (WH)

**Friday, SAMPLE**

- 6:45 – 7:55 Walk or Run at Haverhill Park w/ Yvonne (WH)
- 7:00 – 8:00 Chinese Health Exercises w/ Dr. Keith (Yurt)
- 8:00 – 9:00 Meditation w/ Dr. Keith (Yurt)
- 8:05 – 9:00 Rebound Stretch & Strengthen w/ Yvonne (Gym)
- 9:15 – 10:15 Pool Exercise w/ Yvonne (Pool)
- 10:30–12:30 Sugar Sabotage w/ Scott (WH)
- 12:30 – 2:00 Lunch
- 3:00 Graduation (WH)
- 5:30 – 7:00 Dinner
- 7:15 pm Movie (WH)



**Saturday, SAMPLE**

- 7:00 – 8:00 Chinese Health Exercises w/ Dr. Keith (Yurt)
- 8:00 – 8:30 Meditation w/ Dr. Keith (Yurt)
- 8:30 – 9:30 Nia Exercise w/ Shawn (Yurt)
- 9:00 – 10:00 Self-Lymph Breast Massage w/ Linda (Hut)
- 11:00 Checkout – please return key to the front desk (WH)
- 12:30 – 2:00 Lunch
- 2:00 – 4:00 Guest Errand Run to Target (WH)
- 5:30 – 7:00 Light Dinner
- 7:00 Dessert

**Every Day:** Breakfast Juice at 9:00 am; Lunch at 12:30 – 2:00 pm; Dinner at 5:30 – 7:00 pm

**Green Drinks:** served daily at 9:00 am, 11:00 am & 4:00 pm

**Twenty-four hour cancellation notice** must be given to the Therapy Building Management for Any Therapies.

TB = Therapy Building      WH = Wigmore Hall  
 HR = Hacienda Room      ELD = El Dorado  
 ESP = Esperanza          HUT = The Hut



**WEEKLY PROGRAM**

**SAMPLE PROGRAM  
Program 1 Week 3**



**Sunday, SAMPLE**

- 9:00 – 9:30 Breakfast Juice
- 11:00 – 3:00 Arrivals – check in and orientation (WH)
- 1:30 – 4:30 Excursion (WH)
- 12:30 – 2:00 Lunch
- 4:00 – 6:00 Tour of Grounds and Introduction to Hippocrates Living Foods (WH)
- 5:30 – 7:00 Dinner
- 7:15 pm Personal Introductions (WH)

**Monday, SAMPLE**

- 6:45 – 7:55 Walk or Run at Haverhill Park w/ Yvonne (WH)
- 7:00 – 8:15 Blood Draw (TB) - **REMEMBER TO FAST** (applies only to names on list – please check the board)
- 8:05 – 9:00 Rebound, Stretch & Strengthen w/ Yvonne (Gym)
- 8:05 – 9:00 All Levels Yoga w/ Sheila (Yurt)
- 9:15 – 10:15 Pool Exercise w/ Yvonne (Pool)
- 9:15 – 12:30 **NEW GUESTS** – Mandatory for 1<sup>st</sup> Weekers
  - Internal Awareness w/ Scott (WH)
  - What's Simple is True/Wheatgrass Juice Bar w/ Michael (WH)
  - Gym Equipment w/ Yvonne (Gym)
- 11:00–12:00 Guest Discussion Group – Taking the Program Home With You – for 2<sup>nd</sup> and 3<sup>rd</sup> weekers (ELD)
- 12:30 – 2:00 Lunch
- 2:15 – 4:00 Stress, Health & Healing w/ Antony (WH)
- 4:00 – 4:30 Importance of Colonics (WH)
- 4:30 – 5:00 H-Wave Therapy w/ Kevin (WH)
- 5:00 – 6:00 Tai Chi/Qigong (Yurt)
- 5:30 – 7:00 Dinner
  - 7:15 pm Introduction to Chinese Medicine w/ Dr. Keith (WH)



**Tuesday, SAMPLE**

- 6:45 – 7:55 Walk or Run at Haverhill Park w/ Yvonne (WH)
- 7:00 – 8:00 Chinese Health Exercises w/ Dr. Keith (Yurt)
- 7:00 – 8:15 Blood Draw (TB) - **REMEMBER TO FAST** – for all 3<sup>rd</sup> Weekers and new guests who missed Monday
- 8:00 – 9:00 Meditation w/ Dr. Keith (Yurt)
- 8:05 – 9:00 Strength Training & Stretch w/ Yvonne (Gym)
- 8:00 – 1:00 Photo session – front desk (WH)
- 9:15 – 10:15 Mat Pilates w/ Yvonne (Yurt)
- 9:15 – 10:00 **New Guest** Orientation: Mandatory for 1<sup>st</sup> weekers – **new material** (WH)
- 10:00–10:45 Chiropractic Spinal Health (WH)
- 10:45–12:15 Sprouting the Easy Way w/ Michael (WH)
- 12:30 – 2:00 Lunch
- 3:00 – 4:30 Practical Living w/ Ken (WH)
- 4:30 – 5:30 All Levels Yoga w/ Sheila (Yurt)
- 5:30 – 7:00 Dinner
  - 7:30 pm Wheatgrass Band (WH)

**Wednesday, SAMPLE JUICE DAY/SILENT DAY**

- 6:45 – 7:55 Walk or Run at Haverhill Park w/ Yvonne (WH)
- 7:00 – 8:00 Chinese Health Exercises w/ Dr. Keith (Yurt)
- 8:00 – 9:00 Meditation w/ Dr. Keith (Yurt)
- 8:00 – 10:00 Photo Shoot – front desk (WH)
- 8:05 – 9:00 Rebound & Stretch w/ Yvonne (Gym)
- 9:15 – 10:15 Pool Exercise w/ Yvonne (Pool)
- 9:45 – 10:30 Vein & Hormone Therapy w/ Dr. Navarro (WH)
- 10:30–10:45 Algae Story (WH)
- 10:45-12:30 Questions & Answers – DVD (WH)
- 12:30 – 1:00 Fasting Drink
- 2:00 – 4:00 Conscious Communication w/ Michael (WH)
- 4:00 – 4:30 Neuromuscular Massage w/ Tom (WH)
- 4:30 – 5:30 Tai Chi (WH)
- 4:30 – 5:30 Yoga w/ Sheila (Yurt)
- 5:30 – 7:00 Liquid Dinner
  - 7:15 pm Ancient Art of Thai Massage w/ Bodhi (WH)

“ The Hippocrates philosophy is dedicated to the belief that a pure enzyme-rich diet, complemented by positive thinking and non-invasive therapies, are essential elements on the path to optimum health. ”

