

## Sample Itinerary for

### *The Exclusive Naked Challenge by Diana Stobo*

#### **Arrival Day - Friday 5<sup>th</sup>, August 2022**

03:00pm	Hotel Check in
4:00 pm - 5:00 pm	Restorative Yoga class
5:00 pm - 7:00 pm	Orientation with Diana
7:00 pm - 9:00 pm	Dinner (Warm Vegetable soup)

#### **Day one - Saturday 6<sup>th</sup>, August 2022**

6:30 am - 8:00 am	Lemon water / Tea
8:00am -9:00am	Yoga Flow class
9:00 am - 10:30 am	Detox Breakfast (Fruit Smoothie)
10:30am-11:30am	Nature Hike
11:30am-12:00PM	Detox Juice
12:00pm -1:30 pm	Free Time or Spa Time
1:00 pm - 2:30 pm	Detox Lunch (Fruit Smoothie)
2:30pm - 3:45pm	Free Time or Spa Time
4:00 pm - 5:00 pm	Restorative Yoga class
5:00pm	Mineral Broth
5:00 pm - 7:00 pm	Wellness Workshop with Diana
7:00 pm - 9:00 pm	Dinner (Warm Vegetable soup)

#### **Day two - Sunday 7<sup>th</sup>, August 2022**

6:30 am - 8:00 am	Lemon water / Tea
8:00am -9:00am	Yoga Flow class
9:00am - 10:30am	Detox Breakfast (Fruit Smoothie)
10:30am-11:30am	Nature Hike
11:30am-12:00PM	Detox Juice

12:00pm - 1:30 pm	Free Time or Spa Time
1:00 pm - 2:30 pm	Detox Lunch (Fruit Smoothie)
2:30pm - 3:45pm	Free Time or Spa Time
4:00 pm - 5:00 pm	Restorative Yoga class
5:00pm - 5:30pm	Mineral Broth
7:00 pm - 9:00 pm	Dinner (Warm Vegetable soup)

### **Day Three - Monday 8<sup>th</sup>, August 2022**

6:30 am - 8:00 am	Lemon water / Tea
8:00am -9:00am	Yoga Flow class
9:00 am - 10:30 am	Detox Breakfast (Fruit Smoothie)
10:30am-11:30am	Nature Hike
11:30am-12:00PM	Detox Juice
12:00pm - 1:30 pm	Free Time or Spa Time
1:00 pm - 2:00 pm	Detox Lunch (Fruit Smoothie)
3:00pm - 3:45pm	Cooking Class
4:00 pm - 5:00 pm	Restorative Yoga
5:00pm	Mineral Broth
5:00pm - 7:00pm	Wellness Workshop with Diana
7:00 pm - 9:00 pm	Dinner (Warm Vegetable soup)

### **Day Four - Tuesday 9<sup>th</sup>, August 2022**

6:30 am - 8:00 am	Lemon water / Tea
8:00am -9:00am	Yoga Flow class
9:00 am - 10:30 am	Detox Breakfast (Fruit Smoothie)
10:30am-11:30am	Nature Hike
11:30am-12:00PM	Detox Juice
12:00pm - 1:30 pm	Free Time or Spa Time
1:00 pm - 2:30 pm	Detox Lunch (Fruit Smoothie)
2:30pm - 3:45pm	Free Time or Spa Time

4:00 pm - 5:00 pm	Restorative Yoga
5:00pm - 5:30pm	Mineral Broth
7:00 pm - 9:00 pm	Dinner (Warm Vegetable soup)

**Day Five - Wednesday 10<sup>th</sup>, August 2022**

6:30 am - 8:00 am	Lemon water / Tea
8:00am -9:00am	Yoga Flow class
9:00 am - 10:30 am	Detox Breakfast (Fruit Smoothie)
10:30am-11:30am	Nature Hike
11:30am-12:00PM	Detox Juice
12:00pm -1:30 pm	Free Time or Spa Time
1:00 pm - 2:00 pm	Detox Lunch (Fruit Smoothie)
3:00pm - 3:45pm	Cooking Class
4:00 pm - 5:00 pm	Restorative Yoga
5:00pm	Mineral Broth
5:00pm-7:00pm	Wellness Workshop with Diana
7:00 pm - 9:00 pm	Dinner (Warm Vegetable soup)

**Day six - Thursday 11<sup>th</sup>, August 2022**

6:30 am - 8:00 am	Lemon water / Tea
8:00am -9:00am	Yoga Flow class
9:00 am - 10:30 am	Detox Breakfast (Fruit Smoothie)
10:30am-11:30am	Nature Hike
11:30am-12:00PM	Detox Juice
12:00pm -1:30 pm	Free Time or Spa Time
1:00 pm - 2:30 pm	Detox Lunch (Fruit Smoothie)
2:30pm - 3:45pm	Free Time or Spa Time
4:00 pm - 5:00 pm	Restorative Yoga
5:00pm	Mineral Broth
5:15pm - 6:30pm	Farmers Market Tour

7:00 pm - 9:00 pm                      Dinner (Warm Vegetable soup)

**Day Seven - Friday 12<sup>th</sup>, August 2022**

6:30 am - 8:00 am                      Lemon water / Tea  
8:00am -9:00am                         Yoga Flow class  
9:00 am - 10:30 am                    Detox Breakfast (Fruit Smoothie)  
11:30am-12:00PM                      Fresh Juice (Coconut water)  
12:00pm -1:30 pm                      Free Time or Spa Time  
1:00 pm - 2:00 pm                      Detox Lunch (Fruit Smoothie)  
3:00pm - 3:45pm                        **Cooking Class**  
4:00 pm - 5:00 pm                      Restorative Yoga  
5:00pm                                        Mineral Broth  
5:00pm-7:00pm                         Wellness Workshop with Diana  
7:00 pm - 9:00 pm                      Dinner (Warm Vegetable soup)

**Day Eight - Saturday 13<sup>th</sup>, August 2022**

6:30 am - 8:00 am                      Lemon water / Tea  
8:00am -9:00am                         Yoga Flow class  
9:00 am - 10:30 am                    Detox Breakfast (Fruit Smoothie)  
10:30am-11:30am                      Nature Hike  
11:30am-12:00PM                      Detox Juice  
12:00pm -1:30 pm                      Free Time or Spa Time  
1:00 pm - 2:30 pm                      Detox Lunch (Fruit Smoothie)  
2:30pm - 3:45pm                        Free Time or Spa Time  
4:00 pm - 5:00 pm                      Restorative Yoga  
5:00pm - 5:30pm                        Mineral Broth  
7:00 pm - 9:00 pm                      Dinner (Warm Vegetable soup)

**Day Nine - Sunday 14<sup>th</sup>, August 2022**

6:30 am - 8:00 am                      Lemon water / Tea

8:00am -9:00am	Yoga Flow class
9:00 am - 10:30 am	Detox Breakfast (Fruit Smoothie)
10:30am-11:30am	Nature Hike
11:30am-12:00PM	Detox Juice
12:00pm -1:30 pm	Free Time or Spa Time
1:00 pm - 2:30 pm	Detox Lunch (Fruit Smoothie)
2:30pm - 3:45pm	Free Time or Spa Time
4:00 pm - 5:00 pm	Restorative Yoga
5:00pm	Mineral Broth
5:00pm-7:00pm	Wellness Workshop with Diana
7:00 pm - 9:00 pm	Dinner (Warm Vegetable soup)

**Departure Date - Monday 15<sup>th</sup>, August 2022**

6:30 am - 8:00 am	Lemon water / Tea
8:00am -9:00am	Yoga Flow class
9:00 am - 10:30 am	Breakfast
11:00am	Hotel Check out