



Self-Renewal Detox Retreat

Itinerary & important information

What to bring:

- Please bring your own yoga mat (if you prefer)
- Comfortable clothes for indoor classes which involve movement: sweats, t-shirts, track pants, yoga clothing, etc.
- Seasonally appropriate clothing for outdoor activity and light hiking: hiking shoes, long sleeve shirts, long pants, hats, raincoat, sunscreen, sunglasses, bug repellent, etc.
- Swimsuit for Spa and swimming pool, water shoes for pool/sauna.
- Refillable water bottle (Honor's Haven does not provide plastic water bottles in guest rooms. Instead, there are designated refill stations around the Retreat Center)
- Journal

Check-in / Check-out:

- Check-in is available any time after 1pm on the first day of your retreat.
- Check-out is at 12:30 pm on the final day of your retreat.

Coordinator: Rachel Amar Cell: 914-621-2263 / Office: 845-210-3144 Wellness@honorshaven.com

***To ensure you are prepared for this transformational cleanse, the coordinator will contact you to provide you with preparation guidelines and materials to read.**

See next page for full program itinerary.

Self-Renewal Detox Retreat Itinerary

* Program schedule is subject to change.

THURSDAY

- 4:30 - 5:45pm – Welcome & Wellness Class for Relaxation
- 6:00 - 7:00pm – Dinner
- 7:30 - 9:30pm – Introduction to Detox

FRIDAY

- 8:00 - 9:00am – Breakfast Smoothies
- 9:20 - 10:20am – Wellness Class
- 10:30 - 12:00pm – Physical Detox Workshop
- 12:00 - 2:00pm – Lunch & Break
- 2:00 - 3:30pm – Nature Walk & Meditation
- 3:30 - 4:00pm – Break
- 4:00 - 6:00pm – Liver Cleansing Why and How
- 6:00 - 7:00pm – Fasting - Free Time
- 7:00 - 8:00pm – Preparation Exercise
- 8:00 - 10:00pm – Liver Cleanse

SATURDAY

- 6:30 - 11:30am – Liver Cleanse
- 12:00 - 12:30pm – Sharing + Reflection
- 12:30 - 1:30pm – Light Lunch (Smoothie & Fruit)
- 1:30 - 2:00pm – Break
- 2:00 - 3:30pm – Cooking Class (Fermented foods)
- 3:45 - 4:45pm – Breathing Meditation Class for Recharging
- 5:00 - 6:00pm – Outdoor Labyrinth
- 6:00 - 7:00pm – Soup for Dinner
- 7:30 - 9:00pm – Energy Detox Workshop

SUNDAY

- 8:00 - 9:00am – Breakfast (Oatmeal)
- 9:20 - 10:20am – Qigong class
- 10:30 - 12:00pm – Creating the Plan for a Healthier Lifestyle
- 12:00 - 1:00pm – Lunch
- 12:30pm – Check out of room

FREE TIME:

During your free time you may use the amenities within the Retreat Center or schedule an appointment. with the spa or with the Wellness center. Please note some services require additional payment, it is best to book appointments 2 or more days prior to ensure availability.

For holistic healing sessions, contact 845-210-3144 or earthmind@honorshaven.com

For spa services call: 845-210-3083 or spa@honorshaven.com.

