The Health Lodge.
BYRON + INTEGRATED + MEDICINE

WEEKLY PROGRAM FOR: SAMPLE MEDICAL RETREAT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 am		Yin Yoga		Yin Yoga		Yin Yoga	
9:00 am	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
10:00 am	Ilse Van Oostenbrugge Physiotherapy	Josh Leishman Acupunture	Emma McLaughlin Naturopath		Doctor & Naturopath Camilla White & Reine DuBois	Ilse Van Oostenbrugge Physiotherapy	
11:00 am		Sam Gill Kinesiology		Phil Baxter Acupunture			
12:00 pm	Doctor & Naturopath Oscar Serrallach & Reine DuBois		Miles Sanderson Somatic Experience Massage	Ozone Steam	IV Vitamins	Sam Gill Chiropractor	
1:00 pm	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
2:00 pm	Phil Baxter Acupunture	Simon Sullivan Osteopath / Craniosacral	Colonic Therapy	Miles Sanderson Somatic Experience Massage	Simon DuBois Psychologist Making sense of it all	Ozone Steam	
3:00 pm	Ozone Steam			Marcus Hewitson Doctor	Josh Leishman Acupunture		
4:00 pm	IV Vitamins	Matt Wierzbieki Massage	Oxygen Facial	Emma McLaughlin Naturopath			
5:00 pm	Matt Wierzbieki Yogo Nidra	Mark Purser Yogo Nidra	Mark Purser Yogo Nidra	Mark Purser Yogo Nidra	Matt Wierzbieki Yogo Nidra		
6:00 pm	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER