

The COPPERHOOD Retreat & Spa

Sample schedule (copy of Wednesday's activities that were announced at dinner on Tuesday evening)

wednesday

Schedule of Activities

Blue font =detox Red font = classic green = raw

8:00 wake up - 30 min power walk on the island detox , raw classic

8:00 - 8:30 wheatgrass juice detox

8:30 - 9:30 **Breakfast** detox classic raw

9:30 zen meditation (zazen) in yoga studio. Just sit, suspending all judgmental thinking and let ideas, images and thoughts pass by without getting involved in them. If you do not need introduction come 10 minutes later. detox classic raw

10:30 Hike on Tanbark Trail. 3 miles . Nice overlooks of Phoenicia. as you conquer the 1000ft elevation. detox classic raw

12:30 **Lunch** detox classic raw

1:00 lap swimming detox detox classic raw

1:30 dry brushing and steam room or sauna detox

2:00 mat pilates with jennifer . Strengthen your core and tone your abdominals and back. detox classic raw

3:00 Juice snack detox

3:10 Jazzercise with Jennifer combine dance, strength, and resistance training with popular music for a fun, full-body workout detox classic raw

4:30 Potassium broth detox

6:00 **Dinner** detox classic raw

8:00 movie to be announced

Treatments:

Remember your health bounce

Enjoy your day!!!!!!!