



Self Treatment Course Sample Timetable (5 Days)

	Day 1 (Mon)	Day 2 (Tues)	Day 3 (Wed)	Day 4 (Thurs)	Day 5 (Fri)	
9:30am	Self Treatment Training (Group) (9:30am-12:30pm)	Self Treatment Training (Group) (9:30am-12:30pm)	Self Treatment Training (Group) (9:30am-12:30pm)	Self Treatment Training (Group) (9:30am-12:30pm)	Self Treatment Training (Group) (9:30am-12:30pm)	9:30am
10:00am						10:00am
10:30am						10:30am
11:00am						11:00am
11:30am						11:30am
12:00pm						12:00pm
12:30pm	Lunch & Dietary advice (12:30pm-1:30pm)	Lunch & Dietary advice (12:30pm-1:30pm)	Lunch & Dietary advice (12:30pm-1:30pm)	Lunch & Dietary advice (12:30pm-1:30pm)	Lunch & Dietary advice (12:30pm-1:30pm)	12:30pm
1:00pm	Orientation / Retreat tour (1:30pm-2:30pm)	Ceragem & rest (1:30pm-2:30pm)	Tailored Tx & Training w/ Don (1:30pm-2:30pm)	Mud & Charcoal Sauna (1:30pm-2:30pm)	Ceragem & rest (1:30pm-2:30pm)	1:30pm
1:30pm						2:00pm
2:00pm	Bush walk & gravel walk	Bush walk & gravel walk	Bush walk & gravel walk	Bush walk & gravel walk	Bush walk & gravel walk	2:30pm
2:30pm	Daily review, Q & A / Smoothie (3:00-4:00pm)	Daily review, Q & A / Smoothie (3:00-4:00pm)	Daily review, Q & A / Smoothie (3:00-4:00pm)	Daily review, Q & A / Smoothie (3:00-4:00pm)	Daily review, Q & A / Smoothie (3:00-4:00pm)	3:00pm
3:00pm						3:30pm
3:30pm	Tailored Consultation w/ Don (4:00pm-5:00pm)	Seat moxa & Foot spa (4:00pm-5:00pm)	Mud & Charcoal Sauna (4:00pm-5:00pm)	Seat moxa & Foot spa (4:00pm-5:00pm)	Mud & Charcoal Sauna (4:00pm-5:00pm)	4:00pm
4:00pm						4:30pm
4:30pm	Mud & Charcoal Sauna (5:00pm-6:00pm)	Hot tub (5:00pm-6:00pm)	Ceragem & rest (5:00pm-6:00pm)	Free time (Exercise, Table tennis...) (5:00pm-6:00pm)	Hot tub (5:00pm-6:00pm)	5:00pm
5:00pm						5:30pm
5:30pm					Dinner (3 course gourmet meal) (6:00pm-7:30pm)	6:00pm
6:00pm						6:30pm
6:30pm						7:00pm
7:00pm						7:30pm

Please note that this is a sample timetable. So the items below will be scheduled both at your preference and according to the Retreat's suggestion.

Ceragem & rest	Mud & Charcoal Sauna	Hot tub
Seat moxa & Foot spa	Bush walk & gravel walk	Free time (Exercise, Table tennis...)