

DETOX RETREAT
WITH PATH OF LIFE HEALING CENTER



DAILY SCHEDULE

Subject to Change based on Participation

7:00 A.M. Arise

8:00 Inspirational Thought | Morning Juice | Tea

9:00 Breakfast time / Digestive Walk / Stroll – 30-45 Min

11:00 Therapeutic Modalities: Hydrotherapy | Stretching | Exercise | Core Work

1:30 Food Prep Lab: Lunch and Learn

2:00 Digestive Walk / Stroll

3:00 Health Lecture

4:00 Local Excursion (Optional, Not Daily)

6:00 Dinner time

7:00 Therapeutic Modality: Coaching Session / Digestive Walk

8:30 Tea & Talk / Hydrotherapy / Stretching

9:30 Bedtime

The detox healing retreat is like a haven for holistic rejuvenation! From daily food prep classes to lectures, classes, and activities, it seems like every aspect of the program is designed to foster growth and healing. Also, incorporating biblical hygienic principles adds a unique and spiritual dimension to the experience.

The idea of not just leaving the retreat with newfound knowledge but also with deeper connections to fellow retreat-goers is truly special. Building friendships and forming a supportive community can be just as vital to one's well-being as the activities and teaching themselves.

Path of Life Healing Center is not just about improving physical health but also nurturing the soul and fostering a sense of belonging. It's a beautiful blend of natural healing, basic living, education, camaraderie, and spiritual nourishment.

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INCLUDED IN YOUR STAY

- Delicious plant-based (vegan) meals
- Health presentations (Evidence-based health lectures)
- Food Prep Classes
- Hydrotherapy treatments* (Steam bath and sauna* | Hot tub/whirlpool*)
- Herbal consultation and remedies
- Christian Lifestyle Coaching
- Group exercise sessions
- Rustic beautiful accommodation
- Sightseeing tour and off-campus outing
- One – five- seven -day, detoxifying juice fasts*
- Naturopath/Licensed Nutritionist Consultation
- Daily Vitals
- Instructions on Lifestyle Changes
- ...And more!

What incredible transformation occurs in the lives of our house guests in just 10 days of lifestyle adjustments!

*Determined by medical condition and location.

NOTE: See list of additional services download for other wonderful healing modalities offered.

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ACTIVITIES DEFINED

- **A Healthy Lifestyle Experience:** At Path of Life Healing retreats, you'll have the chance to experience a new lifestyle; be equipped with tools to take that lifestyle home with you, to have lasting health.
- **Personalized Health & Wellness Coaching:** Your stay may include a few sessions with our Clinical Nutritionist/Classical Naturopath Venetta Kalu.
- **Delicious Healthy Meals:** Hearty plant-based meals, designed to give you maximum health and energy.
- **Health Talks:** We hold evidence-based health lectures on a variety of topics relating to your needs throughout your stay.
- **Food Prep Demo:** You will have the opportunity to engage in learning how to prepare live food that tastes good as well as energize and nourish the body!
- **The Personal Touch:** Our home-like environment fosters a sense of belonging and camaraderie that helps with accountability. Getting to know staff and other guests makes you feel at home.
- **Treatment Modalities:** The treatments we offer you are not only relaxing but have a powerful therapeutic effect on your body.
- **Faith Care:** At its core, faith care acknowledges the interconnectedness of body, mind, and spirit, and the importance of nurturing each of these aspects in order to achieve true well-being.
- **Scheduling:**
 - We begin early in the morning with juice, tea, an inspirational thought, which is considered as therapeutic as the nutrition and therapies received.
 - This is followed by an early stretching routine.
 - This is followed by an energizing breakfast, and digestive walk.
 - Therapy follows next. The type of therapy varies from day to day but will always be specifically chosen to address your specific health condition. This will be given six times per week by one of our qualified hygienists. A rest is recommended after each session to enhance the results.
 - This is followed by Lunch and learn cooking class. This daily activity is to give you skills to go home with. This is followed by an afternoon stroll, outing (optional), dinner, wind down therapy, movement, sharing circles, tea, and then bedtime.