## Embark on your path to

## W360°

## Weight Loss Retreat Plan

Time	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
06.00	Arrival day	Beach power walking	Beach power walking	Detox day	Beach power walking	Jogging	Beach power walking
07.00		Yoga	Yoga	Detox pill time	Pilates	Yoga	Pilates
08.00				Cleansing			Yoga plan to take home
09.00		Wheat grass juice / wellness breakfast	Wheat grass juice / wellness breakfast		Wheat grass juice / post detox breakfast	Wheat grass juice / wellness breakfast	Wheat grass juice / wellness breakfast
10.00-11.30	Weight loss consulatation	Kayaking	Cycling in national park		Ring ball on the beach	Kayaking in mangrove forest	Diet plan to take home
11.30	Weight loss Juice	Wellness juice	Pre-detox juice	Rehydrating juice	Citrus juice	Alkaline juice	Live food juice
12.00-13.30	Weight loss lunch	Weight loss lunch	Pre-detox juice	Detox lunch / probiotics	Post detox juice	Wellness lunch	Wellness lunch
14.00-15.00	Gym cardio	Badminton	Thai Chi / Thai boxing	Batik painting	Beach soccer	Swimming	Check-out
15.00-17.00	Lymphatic massage / steam	Ayurvedic herbal bolus massage with fomentation	Lymphatic massage / leaf bath	Swimming	Ayurvedic herbal bolus massage / sauna bath	Meridian massage / mud bath	
18.00	Happy hour	Beach power walking	Jogging	Happy hour	Beach power walking	Beach power walking	200
19.00	Dinner	Dinner	Pre-detox dinner	Detox dinner	Post detox dinner	Dinner	92
20.00	Pro-biotics	Pro-biotics	Pro-biotics	Pro-biotics	Pro-biotics	Pro-biotics	