

Ann Wigmore Natural Health Institute
Mother's Day Paradise Retreat
May 11 – May 17, 2008

Give Mom the perfect Mother's Day gift!

Give the gift of radiant health, abundant energy, youthfulness, and beauty!

Invite mom to our Mother's Day Paradise Retreat and in just a few days feel the vibrant energy you will both enjoy as you regain a healthier and youthful appearance. This natural makeover will result in a trimmer and slimmer you! A truly "new and improved" version of your former selves!

The transformation you will achieve in just a short week will amaze you!

Come to Puerto Rico and experience the Living Foods Lifestyle® offered by the Ann Wigmore Natural Health Institute.

During the Mother's Day Tropical Paradise Retreat you will:

- Eat three meals and two snacks daily of delicious living food, full of young organic greens, tender sprouts, an abundance of fresh vegetables and tropical fruit.
- Drink wheatgrass juice and reverse the aging process with this naturally abundant source of enzymes, vitamins, minerals and trace elements.
- Enhance the cleanse process with fun activities such as:
 - guided yoga and somatic exercises
 - rebounding
 - skin brushing
 - walking on the beach with poles
 - dancing Caribbean style
 - enjoying the therapeutic benefits of swimming in the Atlantic Ocean
- Participate in guided off-campus excursions exploring some of the natural beauty of Puerto Rico
- Learn the basics of the Living Foods Lifestyle as pure as it was when Dr. Ann Wigmore developed it
- Hands on food preparation classes with our certified gourmet chef
- Be pampered with
 - a natural skin and body care workshop
 - a full 1 hour body massage
 - the natural healing powers of the Caribbean sun and salty air
- Let your spirit soar through meditation, guided breathing, and positive confirmation workshops

Let your vacation make wonders! Enjoy it with us!

Check out the schedule of activities below!



ANN WIGMORE NATURAL HEALTH INSTITUTE, INC.



MOTHERS DAY SPECIAL (May 11 – May 17 2008)

(DR) Dining room ~ (PT) Picnic Tables ~ (L) Lounge on 2nd floor ~ (GR) Greenhouse ~ (O) Office ~ (SK) Student Kitchen

TIME	SUN 11	MON 12	TUES 13	WED 14	THUR 15	FRI 16	SAT 17
6:15 am		S o m a t i c E x e r c i s e					
7:45 am		*Meet at Wheatgrass Machine	Juice & Drink Wheatgrass	Juice & Drink Wheatgrass	Juice & Drink Wheatgrass	Juice & Drink Wheatgrass	Juice & Drink Wheatgrass
NO TALKING PLEASE AT BREAKFAST MEALS (MON – FRI 8:30 - 9:15)							
8:30 am	Breakfast	Breakfast	*Conscious Eating Class (SK)	Breakfast	Conscious Eating w/Music	Breakfast	Breakfast
9:30 am	OFFICE OPEN FOR STUDENT REGIS- TRATION UNTIL 5 PM	9:00 am Final Registration	Trip to Crash Boat Beach Snack at the Beach Return at 12:00	9:30-12:00 * Louise's Gourmet Cuisine (SK)	Trip to Caba Rojo: lighthouse and beach for swimming & hiking The lighthouse sits on a 200 ft cliff overlooking the Caribbean La Playuela is a horseshoe shaped beach with very salty and healing water	Trip to The Secret Garden and a Local Art Gallery	10:00 am Please return padlocks and room keys to the office. You may drop your room keys in any of the designated drop boxes. ~~~~~ Please check out before 10:00 am You can leave your luggage in the student building hallway. Thank You!
10:30 am		* 10:00 Welcoming (L)					
11:00 am		* Orientation (L)					
11:30 am		* Mandatory					
12:30 pm	LUNCH	Welcome LUNCH	Blended LUNCH	Gourmet LUNCH		LUNCH	LUNCH
3:00 pm	<i>Enjoy the beach</i> <i>Go for a walk</i> <i>Relax</i> <i>Get a massage</i>	*2:00-3:00 SNACK Basics of the Living Foods Lifestyle (SK) 3:00-3:30 Meet the Therapists	* Energy Soup (SK)	SNACK *Skin & Body Care (SK)	Lunch at a vegan / raw restaurant Snacks Provided Return at ~4:00	LUNCH SNACK	<i>Safe Travels</i> <i>Enjoy Your Day</i>
4:00 pm		3:30-4:30 Conscious Walking (PT)	4:00 Caribbean Dancing (L)	4:30 – 5:30 Conscious Walking (PT)		4:00 Caribbean Dancing (L)	
5:30 pm		DINNER	4:45-6:00 *Value of Wheatgrass & E's & I's (SK)	5:00 Review E's and I's(L)			
6:00 pm	Brief Welcoming & Tour (DR)	DINNER	Blended DINNER	DINNER	DINNER	DINNER	
7:00 pm		Do your E's & I's	*Guided Breathing & Relaxation (L)	Movie Night (L)	*Guided Meditation (L)	Group Gathering (L)	