



ANN WIGMORE NATURAL HEALTH INSTITUTE, INC.

Week 1 (Dec 7 – Dec 13, 2008)



PLEASE REFER TO THE BLACKBOARD IN THE DINING ROOM FOR UPDATES AND CHANGES

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

Check in Wiggle Shop for Therapies		ALL BLENDED MEALS (TUE – THU)				Rev. 11/28/08	
TIME	Sun 7	Mon 8	Tue 9	Wed 10	Thurs 11	Fri 12	Sat 13
6:15 AM		Somatic E x e r c i s e					
7:30 AM		*Meet at the Wheatgrass Machine Class	Juice and drink Wheatgrass	Juice and drink Wheatgrass	Juice and drink Wheatgrass	Juice and drink Wheatgrass	Juice and drink Wheatgrass
NO TALKING PLEASE AT BREAKFAST MEALS (MON – FRI 8:30 - 9:15)							
8:30 AM	Breakfast	Breakfast	* Breakfast Eating Technique Class (SK)	No Talking Please Breakfast <i>Chew, Chew, Chew your food</i>	Breakfast Eating Technique with Music Class (SK)	*8:15 Breakfast Lab. (SK)	Breakfast ~ Chew your food
9:30 AM	9:00 Office Open For Student Registration until 5pm	Breakfast & 9:00 am Registration	* Value of Cultured Foods & Lab Grain Rejuvelac (SK)	* Value of Energy Soup & Lab(SK)	* Normal & Abnormal Colon (SK)	* Composting (PT)	No Classes on Weekends Watch for Special Activities
10:30 AM		9:30 Harvesting & Final Registration (PT)					
11:30 AM		* Orientation (L)	*11:15 Skin Brushing & Rebounding (SK)	Conscious Walking	Creative Healing (L)	*11:15 Planting (PT)	
12:30 PM	Lunch	Welcoming Lunch	Blended Lunch	Blended Lunch	Blended Lunch	Lunch	Lunch
3:00 PM	Snack	Snack in class	Snack	Snack	Snack	Snack	Snack
3:00 PM		* Basics of the LFL (L)				*4:00 Harvest Cabbage Rejuvelac (DR)	
4:00 PM	Registration Closes at 5pm	*4:15 E's and I's (L)	* Value of WG Review E's I's (SK)	* Elimination, Digestion & Enzymes (SK)	* Food Combining (SK)	*4:30 Intro to Dr. Ann	
6:00PM	5:30 Dinner	Dinner	Blended Dinner	Blended Dinner	Blended Dinner	Dinner	Dinner
7:00 PM	6:15 Brief Welcoming and Tour(DR)	Intro to Therapies (L)	* Breathing & Relaxation (L)	* Self-evaluation (L)	* Re-evaluation Counseling (L)	DVD (L)	
	12 Step Meeting (Alanon) (SK)	Do your E's and I's					

All meals are served in the dining room. Meals may be taken outside. Please return dishes to the kitchen. Energy soup is served at all meals and is available throughout the day – see the student refrigerator. Office Hours Posted on Office Door ~ Quiet Time: 10:00 PM to 6:00 AM.

Sessions with an asterisk (*) are required for certification



ANN WIGMORE NATURAL HEALTH INSTITUTE, INC.

Week 2 (Dec 14- 20, 2008)



PLEASE REFER TO THE BLACKBOARD IN THE DINING ROOM FOR UPDATES AND CHANGES
(DR) Dining room ~ (PT) Picnic Tables ~ (L) Lounge on 2nd floor ~ (GR) Greenhouse ~ (O) Office ~ (SK) Student Kitchen

		<i>BLENDED</i>		Therapies available throughout day – check in Wiggle Shop			
TIME	Sun 14	Mon 15	Tues 16	Wed 17	Thurs 18	Fri 19	Sat 20
6:15 AM		Somatic		E x e r c i s e			
7:30 AM	Juice and drink Wheatgrass	Juice and drink Wheatgrass	Juice and drink Wheatgrass	Juice and drink Wheatgrass	Juice and drink Wheatgrass	Juice and drink Wheatgrass	Juice and drink Wheatgrass
NO TALKING PLEASE AT BREAKFAST MEALS (MON – FRI 8:30 - 9:15)							
8:30 AM	Breakfast ~	<i>Blended Breakfast</i> ~	Breakfast eating technique with music (SK)	Breakfast ~ Chew your Food No Talking Please	* Breakfast eating technique Review and music (SK)	Breakfast ~ Chew your Food	Breakfast ~ Chew your food
		*9:15 Review Planting(PT)				(Please close your Tabs at the Wiggle Shop)	
9:30 AM	Take a nice walk ~ Enjoy your weekend ~ Remember <i>Breathe Breathe Breathe Smile</i>	* Sprouting (SK)	* Dessert Lab. (SK)	* Nut/Seed Pâté (SK)	* Travel & Home Preparation (SK)	*9:00 General Review (SK)	10:00 am Please return flashlights padlocks and room keys to the office or Wiggle Shop. ~~~ Please check out before 10:00 am so Housekeeping can clean the rooms. ~~~ You can leave your luggage in the student building hallway. Thank You!
10:30 AM Snack			* Dehydration Lab. (SK)	* LFL Eqpt. & Books (Wiggle Shop)	* Menu Planning (SK)	(Optional: Hand in Program Evaluation in office)	
11:30 AM			Conscious Walking	Rebounding	Conscious Walking	Creative Healing (L)	
12:30 PM	Lunch	<i>Blended Lunch</i>	Lunch	Lunch	Lunch	Lunch	Lunch
3:00 PM	Snack	<i>Blended Snack</i>	Dessert Snack	Snack	Snack	Please close your account in Wiggle's Shop	Snack
4:00 PM	Did you relax today?	* Sugar, Starches & Candidas (SK)	*Succeeding & communicate the LFL (SK)	* Skin & Body Care (SK)	* Positive Stroking (L)		Today begins the rest of your life. Rejoice!
6:00 PM	Dinner	<i>Blended Dinner</i>	Dinner	Dinner	Dinner	Dinner	Dinner
7:00 PM	12 Step Meeting(SK)		* Conscious Living Water (SK)		* Meditation & Relaxation (L)		
	8:00 Movie TBA(L)						

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