



ANN WIGMORE NATURAL HEALTH INSTITUTE, INC.
Intensive Week (11/18 through 11/24/2007)



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

TIME	SUN 18	MON 19	TUES 20	WED 21	THUR 22	FRI 23	SAT 24	
6:15 AM		S o m a t i c E x e r c i s e						
7:30 AM		*Meet at W.G.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 AM	Breakfast	Breakfast	* 8:15 Breakfast Eating Tech. Class (SK)	Breakfast	*8:15 Breakfast Eating Tech. W/Music(SK)	Breakfast	Breakfast	
			* 9:00 Breakfast Lab. (SK)		* 9:00 Breakfast Lab (SK)			
9:30 AM	OFFICE OPEN FOR STUDENT REGISTRY	9:15 Harvesting & Final Registration (PT)	* Energy Soup Lab (SK)	* Almond Pate (SK)	* Planting (PT)	* 9:15 Dessert (SK)	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 so Housekeeping can clean the rooms. ~~~ You can leave your luggage in the student building hallway. Thank You!	
10:30 AM		*10:00 Welcoming (L)	* Sprouting (SK)	*10:00 Food Combining (SK)	* Composting (PT)	*10:00 Sugars & Starches (SK)		
11:30 AM		* 10:45 Orientation (L)		* Dehydration (SK)	* Sauces & Dressings (SK)	*11:00 Review (SK)		
		* Skin Brushing & Rebounding (SK)			*12:00 Rollies Lab(SK)			
12:30 PM	LUNCH	WELCOME LUNCH	BLENDED LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
3:00 PM	SNACK	SNACK in class	SNACK in class	SNACK in class	SNACK in class	2:00 pm GRADUATION	SNACK	
3:00 PM	OFFICE OPEN FOR STUDENT REGIS- TRATION	* 2:30 Basic of LFLS (SK)	*Value of Cultured Foods Vege-kraut Sauerkraut & Seed Cheese Cabbage & Wheat Rejuvelac (SK)	* 3:30 Review Sprouts (DR)	* Travel & Home Prep. (SK)	Please close your account in Wiggie's Shop Therapies Available	Today begins the rest of your life. Rejoice!	
		*3:30 Value of WG (L)						
4:00 PM	Office Closes @5pm	* Enemas & Implants (L)	*4:30 Review E's & I's (SK)	*Prepare Rejuvelac (DR)	* Skin & Body Care (SK)			
				* 4:30 Equipment & Books (Wiggie Shop)				
5:30 PM	DINNER	DINNER	BLENDED DINNER	DINNER	DINNER	DINNER	DINNER	
6:15 PM	Brief Welcoming (DR)	* Intro to Dr. Ann & Video (L)	Conscious Walking (PT)	Conscious Walking (PT)	* Menu Planning (SK)	Video	Rev. 11/14/07	
7:00 PM		Do Your E's & I's	* Breathing & Relax (L)	* Communicate New Lifestyle (L)	*7:15 Positive Stroking (L)			TBA

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