



ANN WIGMORE NATURAL HEALTH INSTITUTE, INC.



LIVING FOOD TROPICAL RETREAT (October 19 – 25, 2008)

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

TIME	SUN 19	MON 20	TUES 21	WED 22	THUR 23	FRI 24	SAT 25
7:00 am		Yoga	Yoga	Meditation	Yoga	Yoga	Rev 8/25/08
8:00 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)							
9:00 am	Breakfast	Breakfast & Registration	Breakfast	Eating Tech. w/Music (SK)	Breakfast	Breakfast	Breakfast
10:00 am	OFFICE OPEN FOR STUDENT REGIS- TRATION UNTIL 5 PM	Final Registering & Welcoming (L)	9:30 Trip to AWI Organic Farm	Gourmet Cuisine Experience (SK)	9:30 Trolley Trip to Aguada	<i>Please close your tabs</i>	10:00 am Please return flashlights, padlocks and room keys to the office or the Wiggie Shop. ~~~ Please check out before 10:00 am You can leave your luggage in the student building hallway. Thank You!
10:30 am		SNACK	Light House and Beach Trip			9:30 Cabo Rojo Lighthouse & Beach	
11:00 am		Orientation & Review Weeks Schedule (L) Mandatory	Snack at the Beach Return at 12:30			Lunch Included	
1:00 pm	LUNCH	Welcome LUNCH	Lunch	Gourmet LUNCH	LUNCH	LUNCH	LUNCH
2:00 pm	<i>Enjoy the beach Go for a walk Relax Get a massage</i>	SNACK	SNACK	SNACK	SNACK	and	<i>Safe Travels Enjoy Your Day</i>
3:00 pm		Basics of LFLS (SK)	4:00 Review Enemas & Implants (L)		3:30 Natural Facial (SK)	<i>Please close your tabs by 3:30</i>	
4:00 pm		Enemas & Implants (L)	Value of Wheatgrass (L)	Rebounding & Skin Brushing (SK)			
5:00 pm	5:30 DINNER	Caribbean Dancing (L)	Conscious Walking (PT)		Caribbean Dancing (L)	Conscious Walking (PT)	5:30 DINNER
6:00 pm	Brief Welcoming & Tour (DR)	DINNER	DINNER	DINNER	DINNER	DINNER	
7:00 pm		Do your E's & I's	Guided Breathing & Relaxation (L)	Diet for a New America (L)	Sharing Circle (L)	Movie TBA (L)	

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.