



**Welcome!** We are so glad to have you with us for the week, and it is our goal to create a wonderful setting for your Detox Retreat, as well as a positive experience for you in Costa Rica. Please refer to the itinerary below for timing of meals, activities and departures for various excursions. If you have any questions, please don't hesitate to approach us, (Dial 0 from your room) and we will do everything we can to help you.  
The AmaTierra Staff

### **Friday, April 9th 2010 Arrival**

5 pm: Welcome and Orientation – Jill and Sheila

7 pm Dinner on the Balcony

8:15 – 9 pm. Check-in at studio, Introduction to the Detox Week followed by intention meditation.

### **Saturday, April 10 2010**

7:30am Yoga

Breakfast follows, along with program of today's diet.

10:00 herb walk with Jill (please wear suitable shoes)

Free Time, relax by the pool, or hike on the property and SPA Treatments.

1:00 Lunch

2:00- 4:00 seminar in studio

***Workshop: Your Detox: What to expect, how to take it further with herbs, fasting and intestinal cleansing.***

5:00 yoga/ meditation with Crystal Singing Bowls

7 pm Dinner

### **8:15 Check-in at Studio**

### **Sunday, April 11**

7:30am Yoga

Breakfast

9:30 am depart for Turubari Park, Lunch at the Park: Bring water, hat, camera, sunscreen, courage to FLY!, wear hiking shoes.

4-6:30 individual treatments or consultations with Jill and Sheila

7:00 pm – Dinner

### **Monday, April 12**

7:30 am Yoga

Breakfast

10:00 a.m.: ***Raw Foods Interactive Seminar and Food Preparation –salon & kitchen.***

***Learn and Enjoy some of Sheila's favorites***

1:00 lunch

2:00 ***Abdominal Qi Moving Self-massage Class Demo*** (1 hr.) (treatment room)

Individual Treatments Follow with Jill and Sheila

5:30 pm Meditation

7:00pm – Dinner

***Put on your Dancing Shoes!!! Salsa/meringue after dinner***

### **Tuesday, April 13**

7:30am Yoga

Breakfast

9:30 a.m. Depart for Thermal Springs & Waterfall (Hike in)

Lunch at the springs, return at 1:30 pm

Free time to schedule treatments, relax, etc.

5:30pm – Sunset over the Ocean with Juice & Meditation

7:00pm – Dinner

Evening Sing-Along & closing circle.

### **Wednesday, April 14**

Taking all your renewed energy, it's time to go home, sweet home. Thanks for coming!