

WEEKLY SCHEDULE

MOUNTAINS OF HOPE



SUNDAY

MONDAY THROUGH FRIDAY

SATURDAY

6:00AM Yoga (Pool)	6:00AM Yoga (Pool)	6:00AM Yoga (Pool)
6:00AM - 8:00AM GYM Open / Hot and cold protocol	6:00AM - 8:00AM GYM Open / Hot and cold protocol	6:00AM - 8:00AM GYM Open / Hot and cold protocol
8:00AM - 9:00AM Green Juice and/ or breakfast	8:00AM - 9:00AM Green Juice and/ or breakfast	8:00AM - 9:00AM Green Juice and/ or breakfast
9:00AM - 11:00AM MOH Presents - Prepare for forgiveness/fire ceremony	9:00AM - 12:00PM MOH Presents - Education / Wellness appointments	9:30AM - 12:00PM Holotropic breathwork and ICE bath
12:00PM - 1:00PM Green Juice and/ or Lunch	12:00PM - 1:00PM Green Juice and/ or Lunch	12:00PM - 1:00PM Green Juice and/ or Lunch
2:00PM - 5:00PM Forgiveness/Fire ceremony	1:00PM - 6:00PM Wellness appointments	2:00PM - 5:00PM Temazcal
6:00PM - 7:00PM Green Juice and/ or Dinner	6:00PM - 7:00PM Green Juice and/ or Dinner	6:00PM - 7:00PM Green Juice and/ or Dinner
7:00PM - 8:00PM Fireside chat	7:00PM - 8:00PM Fireside chat	7:00PM - 8:00PM Surprise night
8:00PM - 8:30PM Meditation	8:00PM - 8:30PM Meditation	