

IBIZA DETOX RETREAT

WITH UMINA & ILONA

OCTOBER 3RD - 7TH, 2019

SCHEDULE

Thursday 03/10

16:00 - Arriving to the House of Colors + Green juice Welcome drink

17:00 - Opening session with Umina and Ilona

19:00 - Evening soup

20:30 - Turning in Meditation

Friday - Monday 04-06/10

7:00 - Good Morning with fresh herbal tea

7:15-8:45 - Yoga session

9:00 - Morning juice

10:00 - Dance/ Nature walk/ breathing session

11:00 - Alkaline drink

11:30 - Meeting with umina

13:00 - Good Afternoon with herbal drink at the pool

13:00-15:30 - Noon break

15:30 - Green juice at the pool

16:30- Meeting with Ilona

18:00 - Sunset gazing / Sweat lodge / Meeting nature

19:00 - Evening Soup

20:00 - Night session

Monday 07/10

7:00 - Good Morning with fresh herbal tea

7:15-8:45 - Yoga session

9:00 - Morning juice

10:00 - Superfood class with Umina

12:00 - Closing session

14:00 - Leaving home Clean and Fresh!