

# Programme sample



*This can be changed according to one's condition.*

Time	Sunday 22 <sup>nd</sup>	Monday 23 <sup>th</sup>	Tuesday 24 <sup>th</sup>	Wed 25 <sup>th</sup>	Thursday 26 <sup>th</sup>	Friday 27 <sup>th</sup>	Sabbath 28 <sup>th</sup>	Sunday 29 <sup>th</sup>
7:00		Daily health check	Daily health check	Daily health check	Daily health check	Daily health check		
7:30-8:30		Devotional	Devotional	Devotional	Devotional	Devotional		Breakfast
8:30-9:15		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Departure
9:15-10:00		Walk	Walk	Walk	Walk	Walk	Visit to local church, if applicable	
10:15-10:45	<b>Arrival</b>	Cooking class	Cooking class	Cooking class	Cooking class	Cooking class		
11:00-11:30	Consultation	Exercise/stretching	Exercise/stretching	Exercise/stretching	Exercise/stretching	Hydrotherapy and treatments		
11:30-12:30		Health Presentation	Health Presentation	Health Presentation	Health Presentation			
12:30-13:00		Exercise/stretching	Exercise/stretching	Exercise/stretching	Exercise/stretching			
13:00-13:45		Break	Break	Break	Break		Lunch	
14:00-15:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Outing (14:00-16:30)	
15:00-15:30	Walk	Walk	Walk	Walk	Walk	Walk	17:00 Testimonies	
15:30-17:30	Hydrotherapy and treatments	Hydrotherapy and treatments	Hydrotherapy and treatments	Hydrotherapy and treatments	Hydrotherapy and treatments	Sabbath preparations		
17:30-18:30	Health Presentation /DVD	Health Presentation /DVD	Health Presentation /DVD	Health Presentation /DVD	Health Presentation /DVD	Worship	Worship	
18:30-19:30	Relaxation time					Free time		Free time
20:00	Quiet time/Bed time							

