

Wellness Retreat

Brought to you by Hippocrates

Program Agenda

Sunday, 1st to Saturday, 7th December

Sunday, 8th to Saturday, 14th December

Sunday, 15th to Saturday, 21st December

Welcome to the retreat! Congratulations on committing to a healthful detox, releasing pain, and shedding about 3 kilos in a week. Prepare to journey towards your best, healthiest, and happiest self.

Meet the Hippocrates Team

Ronald - Founder

Kate - General Manager

Teresa - Neuro Feedback

Patrick - Syntropic Food Forest Gardner

Cindy - Naturopath

Chris - Groundsman

Hippocrates Wellness Health Retreat

December 2024

Sunday

- 3.00 pm New Guests Arrive
- 5.00 pm Raw Vegan Dinner with Kate T and Ron B
- 6.30 pm Rest, Steam
- 8.00 pm Retire and Read HHC Resources

Monday

- 8.30 am Weigh-In and Juice Nourishment with Kate T
- 9.00 am Welcome and Orientation with Kate T
- 10.30 am
- 11.00 am Colon Hydrotherapy – A
- 11.45 am Conversation with Cindy
- 12.00 pm Nourishment Juice
- 1.00 pm Neurofeedback for Efficient Brain Function - A Conversation with Teresa
- 2.00 pm
- 2.00 pm Sound Healing with Coach Cherie
- 3.15 pm
- 3.30 pm Rest, Treatments, Steam, Swim or Tennis
- 5.00 pm
- 5.00 pm Nourishment Juice
- 5.30 pm Yin Yoga with Lisa
- 7.00 pm Retire and Read HHC Resources

Tuesday

- 6.30 am Sunrise Walk to the Lookout with Kate T and Moonie
- 7.30 am
- 7.45 am Wheatgrass Planting with Chris in the Garden
- 8.00 am Nourishment Juice
- 9.00 am Gentle Yoga with Lisa
- 10.00 am Rest, Treatments, Steam,
- 12.30 pm Swim or Tennis
- 12.30 pm Nourishment Juice
- 1.00 pm Mini Facials, Sun Clay Bath,
- 2.30 pm Aloe juice with Kate T
- 2.30 pm Rest, Treatments, Steam,
- 5.00 pm Swim or Tennis
- 5.00 pm Nourishment Juice
- 5.30 pm Meditation with Ron
- 6.30 pm Rest, Treatments, Steam,
- 8.00 pm Swim or Tennis
- 8.00 pm Retire and Read HHC Resources

Hippocrates Wellness Retreat

6 Julie Way, Mudgeeraba, QLD 4213 | www.Hippocrates.com.au/retreats

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Wednesday

- 6.30 am Sunrise Walk to the Lookout
7.30 am with Kate T and Moonie
- 8.30 am Hatha Yoga with Lisa
- 9.30 am Nourishment Juice
- 10.00 am Syntropic, Biodynamic
11.00 am Garden Tour with Patrick
- 11.00 am Rest, Spa Treatments, Steam,
12. 30 pm Swim or Tennis
- 12.30 pm Nourishment Juice
- 1.00 pm Nervous System Mastery:
2.30 pm Health, Harmony, and Vitality
– Coach Kate A
- 3.00 pm Rest, Spa Treatments, Steam,
4.30 pm Swim or Tennis
- 5.00 pm Nourishment Juice
- 5.30 pm Guided Meditation with
6.30 pm Patrick

Thursday

- 6.30 am Sunrise Walk to the Lookout
7.30 am with Kate T and Moonie
- 8.00 am Fruit Breakfast
- 8.30 am Yoga with Ange
- 9.30 am The Power of Essential Oils
and Lifewave with Ange
- 11.00 am Nature Walk with John
11.45 am
- 12.00 pm Salad Nourishment
- 1.00 pm Rest, Spa Treatments, Steam,
4.30 pm Swim or Tennis
- 5.00 pm Salad Nourishment
- 6.00 pm Rest, Spa Treatments, Steam,
8.00 pm Swim or Tennis
- 8.00 pm Retire and Read HHC
Resources

Special Event

Sunday 29 December 2024 at 4pm

Dinner Event: New Year, New Heart – Doorway
to The Soul and Higher Consciousness

Guest Speaker: Tony Petcopoulos

Note: This event is available for Hippocrates
guests and the general public

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Weekly Hippocrates Wellness Retreat

Friday

6.30 am Sunrise Walk to the Lookout
with Kate T and Moonie

8.30 am Fruit Breakfast

9.30 am Mini Facials, Sun Clay Bath,
11.00 am Aloe Juice with Kate T

11.00 am Rest, Treatments, Steam,
12.00 pm Swim or Tennis

12.00 pm Salad Nourishment

1.00 pm Rest, Treatments, Steam,
4.30 pm Swim or Tennis

4.30 pm Salad Nourishment

5.30 pm Yoga Nidra with Lisa

Saturday

8.00 am Weigh In and Fruit
Nourishment

10.00 am Departure: Retreat Program
Concludes

My Notes

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