

Wellness Retreat

Brought to you by Hippocrates

Program Agenda

Sunday, 13 to Saturday, 19 October

Sunday, 20 to Saturday, 26 October

Sunday, 27 October to Saturday, 2 November

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

Cindy - Naturopath

Chris - Groundsman

Hippocrates Wellness Retreat

October 2024

Sunday

- 3.00 pm New Guests Arrive
- 4.00 pm Biodynamic Gardening with Gene M
- 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 Conversation with Cindy
- 11.45 am
- 12.00 pm Nourishment Juice
- 1.00 pm Rest, Treatments, Steam, Swim or Tennis
- 2.00 pm
- 2.00 pm Neurofeedback for Efficient Brain Function - A Conversation with Teresa
- 2.45 pm
- 3.00 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, Swim or Tennis
- 12.30 pm
- 12.30 pm Nourishment Juice
- 1.00 pm Wake Up to the Power of Your Vagus Nerve and Brain-Gut Connection – A Conversation with Sam M
- 2.30 pm
- 2.30 pm Rest, Treatments, Steam, Swim or Tennis
- 5.00 pm
- 5.00 pm Nourishment Juice
- 5.30 pm Meditation with Ron
- 6.30 pm Rest, Treatments, Steam, Swim or Tennis
- 8.00 pm
- 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 Mini Facials, Sun Clay Bath,
11.30 am Aloe Juice with Kate T
- 12.30 pm Nourishment Juice
- 1.00 pm Nervous System Mastery:
2.30 pm Health, Harmony, and Vitality
– Coach Kate A
- 3.00 pm Raw Cracker Bread Demo
4.30 pm - with Kate T
- 5.00 pm Nourishment Juice
- 5.30 pm Move Easy, Breathe Easy, Feel
7.30 pm Very Good with Feldenkrais
– A Workshop with Donna
Rose

Thursday

- 6.30 am Sunrise Walk to the Lookout
7.30 am with Kate T and Moonie
- 8.30 am Fruit Breakfast
- 9.00 am Integrative Hypnosis to
11.00 am Subconsciously Program
Positive Habits – Cherie
- 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
- 6.30 pm Sound Healing with Coach
7.30 pm Cherie
- 8.00 pm Retire and Read HHC
Resources

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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