

Daily Detox Schedule

***Note** This schedule is subject to change without notice and is modified according to each group of participants.

Sunday Arrival & Detox Dinner

Monday Ignite Your Awareness & Clarity

7:00-8:00 a.m. *Omega Open Class: meditation, yoga, or tai-chi or Nature Time, Self-Guided Fitness Walk*

8:00-9:00 a.m. Breakfast

9:00-Noon **Detox as a Catalyst for Transformation: Detox Super Foods & Nutritional Catalysts**

12:15-1:00 p.m. *Omega Open Class: movement*

Noon-2:00 p.m. Lunch

2:30-5:00 p.m. **Modern Science & Quantum Energetics: Modifying Genetics; Mitochondria Regeneration; and Brain Neuroplasticity**

5:30-6:30 p.m. *Omega Open Class: movement, yoga, or meditation*

6:00-7:15 p.m. Dinner

Tuesday Letting Go & Feeding Your Soul

7:00-8:00 a.m. *Omega Open Class: meditation, yoga, or tai-chi or Nature Time, Self-Guided Fitness Walk*

8:00-9:00 a.m. Breakfast

9:00-Noon **Detox Your Brain: Feeding New Neurons & Thoughts**

12:15-1:00 p.m. *Omega Open Class: movement*

Noon-2:00 p.m. Lunch

2:30-5:00 p.m. **Detox Your Heart: Mending the Heart & Relationships; Role of Emotions & Stress on Adrenals & Hormones; Cultivating Inner Resilience & Calm**

5:30-6:30 p.m. *Omega Open Class: movement, yoga, or meditation*

6:00-7:15 p.m. Dinner

Wednesday Connecting Mood & Food with GI & Immune Health

7:00-8:00 a.m. *Omega Open Class: meditation, yoga, or tai-chi or Nature Time, Self-Guided Fitness Walk*

8:00-9:00 a.m. Breakfast

9:00-Noon **Detox Your Core: Discovering Mood Foods & Food Allergies; Healing the Gut & Building the Immune System; The Necessity & Science of Probiotics in a Modern World**

12:15-1:00 p.m. *Omega Open Class: movement*

Noon-2:00 p.m. Lunch

2:30-5:00 p.m. *Free Time for Self-Care

5:30-6:30 p.m. *Omega Open Class: movement, yoga, or meditation*

6:00-7:15 p.m. Dinner

Thursday Integrating your "New Normal"

7:00-8:00 a.m. *Omega Open Class: meditation, yoga, or tai-chi or Nature Time, Self-Guided Fitness Walk*

8:00-9:00 a.m. Breakfast

9:00-Noon **Realizing Wellness: Foundational Foods; Long-Term Health Solutions; How to Better Communicate with your Doctor**

12:15-1:00 p.m. *Omega Open Class: movement*

Noon-2:00 p.m. Lunch

2:30-5:00 p.m. **Dr. Tom's Top Ten Daily Wellness Practices for Longevity**

5:30-6:30 p.m. *Omega Open Class: movement, yoga, or meditation*

6:00-7:15 p.m. Dinner

Friday Taking it Home & Being Connected

7:00-8:00 a.m. *Omega Open Class: meditation, yoga, or tai-chi or Nature Time, Self-Guided Fitness Walk*

8:00-9:00 a.m. Breakfast

9:00-Noon **Maintaining Wellness: Post Cleanse Options; Modifying for Individual Needs;**

Closure, Sharing, & Blessings

12:15-1:00 p.m. *Omega Open Class: movement*

Noon-2:00 p.m. Lunch

***Free time** is scheduled into your program (Wednesday afternoon & evenings) so you can focus on self-care—taking a walk, writing in your journal, meditating, or enjoying services at the Omega Wellness Center.