

Woods Macrobiotics

Macrobiotic Head to Toe 3D 2N Cleansing & Detox Retreat



Date: Oct 13 to 15, 2023

Venue: Lot 264, Jasmine Villa, Tanarimba, Janda Baik, Bukit Tinggi, Bentong, Pahang

Conducted by: June Ka Lim, Macrobiotic Counselors

Day 1	Programme	
2pm-2.30pm	Registration and orientation	Room allocation, spa allocation
2.30pm-3.30pm	Welcome drink Detox tea	Kale juice
	Ice breaking	Getting to know each other
3.30pm-4.30pm	lecture	Introduction to Macrobiotic detox method
		Detox briefing, importance of chewing
4.30pm-5.30pm	Oxygen walk/ fascia tuning	depends on weather condition
6pm-7pm	Dinner	Detox dinner
7.30pm-8.30pm	lecture	Introduction to feet soaking
8.30pm-9.30pm	feet soaking (energy balancing)	bring own bucket
	detox tea	Lung detox
10pm	Rest (antioxidant spa)	by appointment
Day 2		
6.30am	Morning call/detox tea	Lung detox
7am-7.30am	8-brocade meridian stretching	morning exercise
7.30am-8.30am	Detox breakfast	detox breakfast
9am-9.45am	Moxibustion lecture & practical	energy balancing
10am-11am	lecture	benefits of br rice & Miso soup/std macro diet
11.30pm-12.30pm	Detox lunch	detox lunch
12.30pm-2pm	Antioxidant negative ion spa	by appointment only
2pm-2.30pm	Fascia adjustment	Rasa Sayang /bancha
3pm-4.30pm	lecture/group consultation	Excess, accumulation and discharge
from 4.30pm	antioxidant spa	By appointment only
7pm-8pm	Detox dinner	

8.30pm-9.30pm	Lecture/detox tea	Healing crisis/mind detox
10pm	Rest	

Day 3		
6.30am	wakeup call, detox tea	Liver/lung detox
7am -7.30am	organ detox exercise(Lungs)	Sound healing/immune strengthening
7.30pm-8pm	Group Photo & goodbye	
8am-9am	Detox Breakfast	
9.30am-10.30am	Q&A/ feedback from participants	all participants/detox follow up
10.30pm-11.30pm	make your own rice ball for the road	all participants
12pm	Sayurnara	