



11 DAY TRANSFORMATION

AGENDA
JAN 10 - 21



BOOKING CONFIRMATION

Once guests confirm their booking, they will receive:

1. An intake form to complete
2. The Liver Cleanse Guide
3. All documents needed for a successful retreat
4. A one-on-one consultation call with a questionnaire.



ONE WEEK BEFORE START DATE

Guests will have a private consultation call to review all materials, complete their intake form, and join the retreat chat. This ensures they are fully prepared for the cleanse and their stay.



DAYS 1-2

JANUARY 10-11

Introduction to the 9-Day Cleanse (At Home)

- Guests begin the cleanse process at home, following the provided guide.
- A coach will check in on Day 1 to answer any questions and ensure each participant starts on the right track.



DAY 3

JANUARY 12

Official Arrival & Welcome

- All participants arrive and check in (if not already onsite).
- Private airport transfers are provided.
- Orientation
- Meet the host team: guides, yoga instructors, breathwork specialists, etc
- Guided property tour
- Evening welcome dinner featuring Salvadoran fusion cuisine (Food Plan – Day 3)
- Group icebreaker and intention setting circle under the stars



DAY 4
JANUARY 13

Rejuvenation & Breath

- Sunrise yoga
- Grounding breathwork session
- Wellness Experience
- Dining as per food plan (Food Plan – Day 4)
- Mindful journaling and gratitude session by the fire pit.



DAY 5

JANUARY 14

Strength & Exploration

- Sunrise Yoga
- Deep Stretch and Functional Movement
- Wellness Experience
- Dining as per food plan (Food Plan – Day 5)
- Guided Meditative Practice



DAY 6

JANUARY 15

Mind & Elemental Reset

- Breathwork + Mental Clarity
- Dining as per food plan (Food Plan – Day 6)
- Fireside Fire Pit Inspiration
- Journal Workshop: Mindset Mapping



DAY 7
JANUARY 16

Peak Performance & Flow

- Sunrise Yoga
- Wellness Experience
- Mobility Workshop
- Poolside Meditation
- Dining as per food plan
(Food Plan – Day 7)
- Fireside Fire Pit - Group
Integration circle



DAY 8

JANUARY 17

Integration

- Sunrise Yoga + Breath Sync Flow
- Wellness Experience
- Mobility Workshop
- Dining as per food plan (Food Plan – Day 8)
- Fireside Fire Pit - Group Integration (NEW YOU)



DAY 9

JANUARY 18

Reflection & Relax

- Sunrise Yoga
- Wellness Experience
- Dining as per food plan
(Food Plan – Day 9)
- Fireside Fire Pit - Closing Ceremony



DAY 10

JANUARY 19

Departure

- Private airport transfers provided for all guests
- Take home guidance for continuing the cleanse and wellness journey

DAY 11

JANUARY 20

Day 1 of introducing foods back into your diet. A continuation guide will be provided.

DAY 12

JANUARY 21

Final Reunion Zoom Cameras On! A beautiful moment for all of us to come together, celebrate our journey, reconnect, and close this chapter united and energized.



DAILY ELEMENTS INCLUDED

- ✓ Breathwork sessions (1–2 per day)
- ✓ Yoga: blend of styles tailored for all levels
- ✓ Sea salt pool scrubs for detox and skin revitalization
- ✓ Healthy dining: all-natural, organic meals, juices, and smoothies
- ✓ Pool and beach access for meditation, relaxation, and water activities
- ✓ Workshops
- ✓ Luxury experience: private airport transfers, full support staff.



LOGISTICS & DETAILS

Location: The Mansion by Verdaad — private luxury estate in La Libertad, El Salvador

Group Size: Optimal 10–15 guests for an intimate experience

Team: Yoga instructors, breathwork coaches, adventure guides, wellness specialists, private chef, and concierge

Inclusions: All sessions, organic meals, juices, wellness experiences and transportation.

What to Bring: Yoga, swimwear, light sweater, natural sunscreen, water shoes and light workout gear.

Optional Add-Ons: Personalized coaching, photo/video diary packages