# SAMPLE SCHEDULE RECISION HEALTH

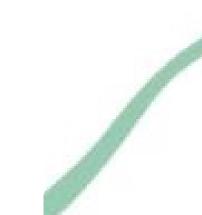
# **5 DAY RĒSET INTENSIVE**

#### Day 1: Thursday

14:00 Check-in
15:15 Tour of the Property
15:30 Welcome
15:45 Group Introductions
16:15 Introduction to the Nervous System, Sympathetic
Dominance and Ventral Vagus with Dr. Aaron (Dining Area)
17:30 Sympathetic Dominance Unwinding (Terrace)
18:30 Introduction to HRV & Mitochondrial Activation
19:00 Dinner

## Day 2: Friday

8:30 Movement for Neuroperformance with Christian (Terrace)
9:30 Breakfast
10:30 Introduction to Meditation & Neurofeedback with Paola
11:15 Mitochondrial Activation Individual Session (Dome)
12:00 Guided beach walk (Meet at pool)



13.30 Lunch

15:00 Massage (Your Room)

18:30 Dinner

20:00 Tension Release Exercises (TRE)

# SCHEDULE



# Master

## Day 3: Saturday

8:30 Yoga/Alignment/Working In with Samantha (terrace)
9:30 Breakfast
10:30 Food Principals & Gut Health
11:30 Neuroception & Cold Thermogenesis (Dining Area)
13:30 Lunch
14:30 Q&A with Samantha - Nutrition/Hormones/Movement
(Dining area)
17:00 Leave for Temazcal (Meet at the fountain)
19:45 Dinner

#### **Day 4: Sunday** 9:30 Breakfast (light)



11:00 Breathwork with Dr. Aaron (Terrace)
13:15 Post Breathwork Check-in (Dining Area)
13:30 Lunch
15:15 Hike to Sayulita
18:30 Dinner
19:30 Closing share (Terrace)

Day 5: Monday 8:30 Guided Meditation (Terrace) 9:30 Breakfast 10:30 Processing Emotions & Future Planning Workshop 12:00 Check-out