

Root Cause Retreat Itinerary

*Subject to change

Thursday, October 27th to Sunday, October 30th
Playa Largo Resort & Spa - Key Largo, Florida

Notice: Gold members should arrive on October 26th for personal consults

Thursday 10/27/22

- 1:00 PM Why Root Cause?
- 1:30 PM Vagal Nerve & Limbic System
- 2:30 PM Drainage Pathways
- 4:00 PM Muscle Testing Intro
- 7:00 PM Dinner on your own

Friday 10/28/22

- 7:00 AM Breath Work/Yoga vs. Fireside Chat/Smoothies & Snacks
- 9:30 AM Root cause toxins, infections & Solutions
- 10:30 AM Teeth and Scars
- 11:30 AM Types of Trauma Work/Biohacks
- 2:00 PM Lecture - Dr. Kelly Blodgett
- 3:00 PM Healing Mindset
- 7:00 PM Dinner on your own
- 8:30 PM Sound Bath at Resort

Saturday 10/29/22

- 7:00 AM Morning Yoga or Fireside chat/Smoothies and Snacks
- 9:00 AM Lab Pearls and Interpretations
- 10:00 AM Common Roadblocks and how to find yours
- 11:00 AM Mitochondria & Energy Hacks
- 1:30 PM Jason Moon Abundance Debt Free Life
- 2:30 PM Reversing Disease with Frequency & Resonance
- 3:30 PM Dr. Jaban Moore Real Estate Abundance
- 4:30 PM The power of Infrared Saunas to Heal
- 6:30 PM Halloween cruise! The best costume wins a surprise!

Sunday 10/30/22

- 7:00 AM Yoga/Breathwork
- 8:00 AM Fireside Chat/Q&A/Smoothies and Snacks
- 9:00 AM Giveaway/Followups/Goodbyes