



eatingsanity
ON LOCATION
Anguilla

JANUARY 16 - 22, 2017



ZEMI BEACH HOUSE
RESORT & SPA

Welcome Message from Lisette

Life has a tendency to pull us away from our genuine self... not the working-identity self, not the parent-identity self, not the caregiver-identity self. The self that existed before all those identities and responsibilities existed. We existed and mattered before we were even born. That intrinsic worth becomes overshadowed by the many other ways we use to define our value and as that happens we become lost.

Eating Sanity on Location is your treasure map back to that amazing, authentic-self. It is Six days of activities designed to place you back into the seat of your soul, connect you with gratitude & serenity, while caring for the the most amazing gift you have ever received — your body.

As someone who also tip toes along the tight-rope between everyday existence and spiritual cultivation, I am beyond excited to offer this amazing wellness package to others and share the blessings that have been revealed to me along my own journey.

Welcome to Eating Sanity on Location...Anguilla!

**“When you realize how perfect everything is
you will tilt your head back and laugh at the sky”**
- Buddha

Monday, January 16

10:00-6:00 Resort Check In

6:00-7:00 Private Welcome Dinner
& Orientation

Tuesday, January 17

- 7:30-7:45 Meditation on the Beach
- 7:45-8:30 Private Breakfast Buffet
- 8:30-9:20 Beach Workout
- 9:30-10:30 Water Aerobics
- 10:30-12:30 Break
- 12:30-1:30 Private Lunch
- 1:30-2:00 Mindful Walk
- 2:00-3:00 Lecture
- 3:15-4:30 Cooking Demonstration
- 4:45-5:45 Workout
- 5:45-6:00 Stretching & Body Awareness
- 6:00-7:00 Break
- 7:00-8:00 Private Dinner

NOTES:

Wednesday, January 18

7:30-7:50	Meditation on the Beach
7:50-8:30	Private Breakfast Buffet
8:30-9:20	Workout
9:30-10:30	Gentle Yoga
10:30-12:30	Break
12:30-1:30	Private Lunch
1:30-2:00	Mindful Walk
2:00-3:30	Taino Bathing Ritual
3:30-4:30	Break
4:30-5:30	Workout
5:30-6:00	Stretching & Body Awareness
6:00-7:00	Break
7:00-8:00	Private Dinner

NOTES:

Thursday, January 19

- 7:30-7:55 Meditation on the Beach
- 7:55-8:30 Private Breakfast Buffet
- 8:30-9:20 Beach Workout
- 9:30-10:30 Water Aerobics
- 10:30-12:30 Break
- 12:30-1:30 Private Lunch
- 1:30-2:00 Mindful Walk
- 2:00-3:00 Lecture
- 3:15-4:30 Cooking Demonstration
- 4:45-5:45 Workout
- 5:45-6:00 Stretching & Body Awareness
- 6:00-7:00 Break
- 7:00-8:00 Private Dinner

NOTES:

Friday, January 20

- 7:30-8:00 Meditation on the Beach
- 8:00-8:45 Private Breakfast Buffet
- 8:45-9:30 Water Aerobics
- 9:45-10:45 Beach Workout
- 10:45-12:30 Break
- 12:30-1:30 Private Lunch
- 1:30-2:00 Mindful Walk
- 2:00-3:30 Taino Bathing Ritual
- 3:30-4:30 Break
- 4:30-5:30 Workout
- 5:30-6:00 Stretching & Body Awareness
- 6:00-7:00 Break
- 7:00-8:00 Private Dinner

NOTES:

“At any given moment you have a choice that either leads you closer to your spirit or further away from it”

-Thich Nhat Hanh



eatingsanity

eatingsanity.com

succeed@eatingsanity.com

©2016 EatingSanity