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# Friday Check In

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26-Nov-10



## Welcome to Fountainhead

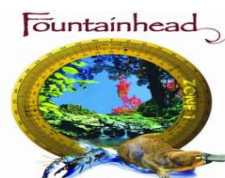
<b>1300-1630</b>	<b>Cabin Check In</b> Orientations one on one
<b>1630-1700</b>	<b>Property tour and information for all new guests</b> Enjoy the private and serene settings of the beautiful hinterlands and explore this retreat.
<b>1800-1830</b>	<b>Mocktails and Meet &amp; Greet Guests</b> relax, rejuvenate and enjoy in an inviting setting to begin your journey with Fountainhead Organic
<b>1830-1930</b>	<b>Delicious Organic Dinner with Live Music</b> Relax & enjoy a delicious organic dinner, Chef to explain meal.
<b>1930</b>	<b>Retreat Closed</b> We retreat back to our rooms, to rest and prepare for tomorrows events

*\*Sample 14 Day Program. Some activities may be subject to change\**

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# Saturday Week 1

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27-Nov-10 **'The Cause of all Stress'**  
Meal times 0830; 1200; 1700

0700-0800

## **Gardners Falls**

Enjoy a refreshing walk along the creek lined by rainforest



0830-0900

## **Light Organic Breakfast**

Replenish the system, ready for the day ahead

Catch up with retreat staff during breakfast

0900-1030

## **The Cause of all Stress - For Group Program**

An introductory education to The Fountainhead Method™

1030-1050

## **Break for Morning Tea**

1050-1200

## **The Cause of all Stress - For Group Program**

An introductory education to The Fountainhead Method™

1200-1300

## **Delicious Organic Lunch** prepared by our **Kitchen Team**

Enjoy a delicious organic lunch, feel free to sit outside



1300-1430

## **The Cause of all Stress - For Group Program**

An introductory education to The Fountainhead Method™

1430-1450

## **Break for Afternoon Tea**

1450-1600

## **The Cause of all Stress - For Group Program**

An introductory education to The Fountainhead Method™

1700-1730

## **Delicious Organic Dinner** prepared by our **Kitchen Team**

Relax & enjoy a delicious dinner after all your learning today

1730-1800

## **Evening Group Catch Up** - Compulsory to attend

Meet in the lounge to regroup and catch up

1800-1930

## **Movie Night**

Each movie has been carefully selected and supports The Fountainhead Method

1930

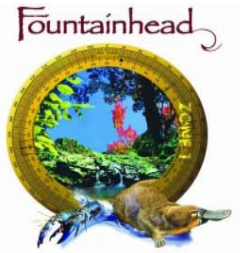
## **Retreat Closed**

We retreat back to our rooms, to rest and prepare for tomorrows events

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# Sunday Week 1

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28-Nov-10 **'The Cause of all Stress'**

Meal times: 830; 1200; 1700

0700-0815

**McCarthy Lookout**

Enjoy an early morning walk to this spectacular lookout

0830-0900

**Light Organic Breakfast**

Replenish the system, ready for the day ahead  
Catch up with retreat staff during breakfast

0900-1030

**The Cause of all Stress - For Group Program**

An introductory education to The Fountainhead Method™

1030-1050

**Break for Morning Tea**

1050-1200

**The Cause of all Stress - For Group Program**

An introductory education to The Fountainhead Method™

1200-1300

**Delicious Organic Lunch** prepared by our **Kitchen Team**

Enjoy a delicious organic lunch, feel free to sit outside

1300-1430

**The Cause of all Stress - For Group Program**

An introductory education to The Fountainhead Method™

1430-1450

**Break for Afternoon Tea**

1450-1600

**The Cause of all Stress - For Group Program**

An introductory education to The Fountainhead Method™

1700-1730

**Delicious Organic Dinner** prepared by our **Kitchen Team**

Relax & enjoy a delicious dinner after all your learning today

1730-1800

**Evening Group Catch Up** - Compulsory to attend

Meet in the lounge to regroup and catch up

1800-1930

**Detox Discussion**

Discussion with booklet for new detoxers and for those continuing on with their detox journey; come and share your experience! Receive your body brush to enhance your detox

1930

**Retreat Closed**

We retreat back to our rooms, to rest and prepare for tomorrow's events



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# Monday Week 1

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**29-Nov-10 FIRST DAY OF THE DETOX**

Meal times 0845; 1200; 1700 Detox times 0845; 1200; 1500; 1700

**0630-0730**

**Stretch Class**

Feel those muscles and enjoy a good stretch to start your day

**0730-0900**

**Mary Cairncross Nature Reserve**

Enjoy a beautiful stroll through this pristine rainforest sanctuary

**0900-0920**

**Light Organic Breakfast or 1st Juice 'Alkaline Cleanser' (Detoxers)**

Replenish the system, ready for the day ahead.

**0930-1000**

**Morning Group Discussion - Attendance is Compulsory**

Welcome to Fountainhead Presentation

Your welcome & introduction to your group program & retreat facilities

**1000-1200**

**The Fountainhead Method™ Week intensive**

Taking the theory of The Fountainhead Method™ and applying it to your situation.

**1200-1300**

**Delicious Organic Lunch**

**or 2nd Juice 'Green Machine' Vegetable Juice**

Enjoy a delicious organic lunch, feel free to sit outside



**1300-1500**

**The Fountainhead Method™ Week intensive**

Taking the theory of The Fountainhead Method™ and applying it to your situation

**1500-1515**

**3<sup>rd</sup> Juice 'Afternoon Delight' stabilise your blood sugars**

**1515-1615**

**Maleny Town Trip**

**1700-1730**

**Delicious Organic Dinner**

**or 4th Juice 'Tropical Juice' & Warm Nutritious Broth**

Relax & enjoy a delicious dinner after all your hard work today

**1730-1830**

**Evening Group Discussion - Attendance is Compulsory**

Learn about The Fountainhead Method™

and share your day's experiences with the group around "**Beliefs & Priorities**"

**1830-1930**

**Journal Writing**

Learn the benefits of journaling and reflection on your personal belief system system. Tonight's topic is "**Creating Affirmations**"

**1930**

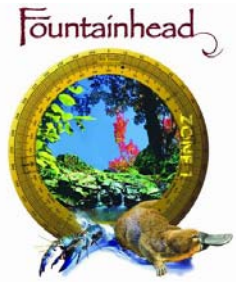
**Retreat Closed**

We retreat back to our rooms, to rest and prepare for tomorrow's events

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# Tuesday Week 1

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**30-Nov-10 SECOND DAY OF THE DETOX**

Meal times 0845; 1200; 1700 Detox times 0845; 1200; 1500; 1700

**0630-0715**

**Stretch Class**

Feel those muscles and enjoy a good stretch to start your day

**0715-0900**

**Mount Tibrogargan**

Enjoy a walk in the glasshouse mountains!

**0900-0920**

**Light Organic Breakfast or 1st Juice 'Alkaline Cleanser' (De-toxers)**

Replenish your system, get ready for the day ahead

**0930-1000**

**Morning Group Discussion - Attendance is Compulsory**  
Learn about The Fountainhead Method™

and how today's topic "**Wrong Path**" applies to you

**1000-1200**

**The Fountainhead Method™ Week intensive**

Taking the theory of The Fountainhead Method™ and applying it to your situation.

**1200-1300**

**Delicious Organic Lunch**  
**or 2nd Juice 'Green Machine' Vegetable Juice**

Enjoy a delicious organic lunch, Feel free to sit outside



**1300-1500**

**The Fountainhead Method™ Week intensive**

Taking the theory of The Fountainhead Method™ and applying it to your situation.

**1500-1515**

**3<sup>rd</sup> Juice 'Afternoon Delight'** stabilise your blood sugars

**1515-1615**

**Water Volleyball (warm pool)**

Suitable for any health level, a modified and gentle form of volleyball

**1700-1730**

**Delicious Organic Dinner**  
**or 4th Juice 'Tropical Juice' & Warm Nutritious Broth**

Relax & enjoy a delicious dinner after all your hard work today

**1730-1830**

**Evening Group Discussion - Attendance is Compulsory**  
Learn about The Fountainhead Method™

and share your experiences around "**Wrong Path**" with the group;

**1830-2000**

**Laughter Therapy**

Enjoy a fun night and explore the many health benefits of laughter therapy!

**2000**

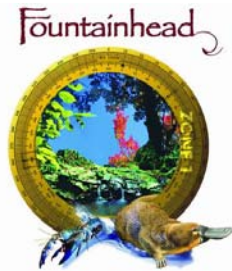
**Retreat Closed**

We retreat back to our rooms, to rest and prepare for tomorrow's events

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# Wednesday Week 1

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1-Dec-10

## THIRD DAY OF THE DETOX

Meal times 0845; 1200; 1700 Detox times 0845; 1200; 1500; 1700

0630-0730

### Stretch Class

Feel those muscles and enjoy a good stretch to start your day

0730-0830

### Steam and Plunge

Very refreshing and invigorating for your whole system; great for guests detoxing

0900-0920

### Light Organic Breakfast or 1st Juice 'Alkaline Cleanser' (De-toxers)

Replenish the system, ready for the day ahead

0930-1000

### Morning Group Discussion - Attendance is Compulsory

Learn about The Fountainhead Method™

and how today's topic "Missing out" applies to you

1000-1200

### The Fountainhead Method™ Week intensive

Taking the theory of The Fountainhead Method™ and applying it to your situation

1200-1300

### Delicious Organic Lunch or 2nd Juice 'Green Machine' Vegetable Juice

Enjoy a delicious organic lunch, feel free to sit outside



1300-1500

### The Fountainhead Method™ Week intensive

Taking the theory of The Fountainhead Method™ and applying it to your situation.

1500-1515

### 3<sup>rd</sup> Juice 'Afternoon Delight' stabilise your blood sugars

1515-1615

### Ball Games

Fun games include "Poison Ball", "Botchy Ball" and "Tunnel Ball". Give it a go!

1700-1730

### Delicious Organic Dinner or 4th Juice 'Tropical Juice' & Warm Nutritious Broth

Relax & enjoy a delicious dinner after all your learning today

1730-1830

### Evening Group Discussion - Attendance is Compulsory

Learn about The Fountainhead Method™

and share your day's experiences around today's topic "Missing out" with the group

1830-1930

### Ginger Compress

Learn about the fantastic health benefits of this ancient ritual; great for detoxers

1930

### Retreat Closed

We retreat back to our rooms, to rest and prepare for tomorrow's events

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# Thursday Week 1

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Meal times 0845; 1200; 1700

2-Dec-10 **'Congratulations Detoxers'**

0630-0900

## Mapleton Falls

Enjoy the scenic adventure to Mapleton

0900-0920

## Light Organic Breakfast

Replenish the system, ready for the day ahead. Detoxers enjoy!

0930-1000

## Morning Group Discussion - Attendance is Compulsory

Learn about The Fountainhead Method™

and how today's topic "**Could/Should**" applies to you

1000-1200

## The Fountainhead Method™ Week intensive

Taking the theory of The Fountainhead Method™ and applying it to your situation.

1200-1300

## Delicious Organic Lunch prepared by our Kitchen Team

Enjoy a delicious organic lunch, feel free to sit outside



1300-1500

## The Fountainhead Method™ Week intensive

Taking the theory of The Fountainhead Method™ and applying it to your situation.

1515-1615

## Water Polo

Performed in the large pool in the deep and shallow end. Come along and give it a go!

1700-1730

## Delicious Organic Dinner prepared by our Kitchen Team

Relax & enjoy a delicious dinner after all your hard work today

1730-1830

## Group Discussion - Compulsory

Learn about The Fountainhead Method and share your experiences around today's topic is "**Could/Should**" with the group

1830-1930

## Fountainhead Movie Night

Enjoy a relaxing movie night. Each movie has been carefully selected and supports The Fountainhead Method

2000

## Retreat Closed

We retreat back to our rooms, to rest and prepare for tomorrow's events

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# Friday Week 2

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**3-Dec-10** Meal times 0845; 1200; 1800

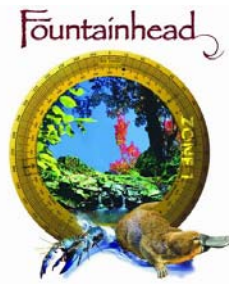
- 0630-0730** **Obstacle Course - Timed - Meet at reception**  
Join us for a fun challenge and compare your times to earlier this week
- 0800-0830** **Steam and Plunge - Meet at the Steam Room**  
Very refreshing and invigorating for your whole system
- 0830-0900** **Light Organic Breakfast**  
Replenish your system, get ready for the day ahead. Chef to explain meal.
- 0900-0930** **Morning Group Discussion - Attendance is Compulsory**  
Learn about The Fountainhead Method™  
and how today's topic "**Worth-Less**" applies to you
- 0930-1130** **The Fountainhead Method™ Week intensive**  
Taking the theory of The Fountainhead Method™ and applying it to your situation.
- 1130-1230** **Delicious Organic Lunch** prepared by our **Kitchen Team**  
Enjoy a delicious organic lunch, feel free to sit outside
- 1230-1430** **The Fountainhead Method™ Week intensive**  
Taking the theory of The Fountainhead Method™ and applying it to your situation.
- 1430-1730** **Fountainhead Organic Food School & Dinner**  
Using organic produce grown at Fountainhead, together we create incredible dishes  
Eat your creations!
- 1800-1900** **Evening Group Discussion - Attendance is Compulsory**  
Share your experiences around today's topic "**Worth-Less**" with the group
- 1930** **Retreat Closed**  
We retreat back to our rooms, to rest and prepare for tomorrow's events



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# Saturday Week 2

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4-Dec-10 Meal times 0845; 1200; 1700

**0630-0900 Kondalilla Falls**

Experience this amazing walk to the base of the waterfall or relax by the top pool and enjoy amazing views

**0900-0930 Light Organic Breakfast**

Replenish the system, ready for the day ahead  
Catch up with retreat staff during breakfast

**1000-1200 Mindfulness Workshop**

This introductory workshop is designed to help reduce stress and to learn the art of being in the moment.

**1200-1300 Delicious Organic Lunch** prepared by our **Kitchen Team**

Enjoy a delicious organic lunch - feel free to sit outside



**1300-1430 Mindfulness Workshop**

This introductory workshop is designed to help reduce stress and to learn the art of being in the moment.

**1430-1445 Break for Afternoon Tea**

**1445-1600 Mindfulness Workshop**

This introductory workshop is designed to help reduce stress and to learn the art of being in the moment.

**1700-1730 Delicious Organic Dinner** prepared by our **Kitchen Team**

Relax & enjoy a delicious dinner after all your hard work today

**1730-1830 Evening Group Catch Up** - Attendance is Compulsory

Meet in the lounge to regroup and catch up

**1830-2000 Games Night**

Have a great night getting into fun, games and trivia

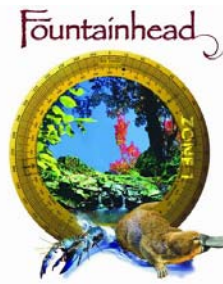
**1930 Retreat Closed**

We retreat back to our rooms, to rest and prepare for tomorrow's events

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# Sunday Week 2

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**5-Dec-10** Meal times 0845; 1200; 1700

**0630-0900** **Sunshine Coast Beach**

Relax and unwind to nature's beauty at one of our stunning beaches

**0900-0930** **Light Organic Breakfast**

Replenish the system, ready for the day ahead

Catch up with retreat staff during breakfast

**1000-1200** **Mindfulness Workshop**

This introductory workshop is designed to help reduce stress and to learn the art of being in the moment.

**1200-1300** **Delicious Organic Lunch** prepared by our **Kitchen Team**

Enjoy a delicious organic lunch - feel free to sit outside



**1300-1430** **Mindfulness Workshop**

This introductory workshop is designed to help reduce stress and to learn the art of being in the moment.

**1430-1445** **Break for Afternoon Tea**

**1445-1600** **Mindfulness Workshop**

This introductory workshop is designed to help reduce stress and to learn the art of being in the moment.

**1700-1730** **Delicious Organic Dinner** prepared by our **Kitchen Team**

Relax & enjoy a delicious dinner after all your hard work today

**1730-1830** **Evening Group Catch Up** - Attendance is Compulsory

Meet in the lounge to regroup and catch up

**1830-1930** **Detox Education or Evening Steam & Swim**

Discussion with booklet for new detoxers and for those continuing on with their detox

Receive your body brush to enhance your detox!

**1930** **Retreat Closed**

We retreat back to our rooms, to rest and prepare for tomorrow's events

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# Monday Week 2

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## 6-Dec-10 FIRST DAY OF THE DETOX

Meal times 0845; 1200; 1700 Detox times 0845; 1200; 1500; 1700

### 0700-0800 **Stretch Class**

Feel those muscles and enjoy a good stretch to start your day

### 0800-0900 **Steam & Plunge - Meet at the Steam Room**

Very refreshing and invigorating for your whole system; helps circulation and blood flow

### 0900-0930 **Light Organic Breakfast or 1st Juice 'Alkaline Cleanser' (De-toxers)**

Replenish the system, ready for the day ahead.

### 0930-1000 **Morning Group Discussion - Attendance is Compulsory**

Learn about The Fountainhead Method and understand more about today's topic "Goals" applies to you. Reflect on your experiences through the day and journal

### 1000-1200 **Fountainhead Method Integration Program**

Go from observation to practical practice; learn a basic understanding of the brain, how we learn, interpersonal skills and take home tools

### 1200-1300 **Delicious Organic Lunch or 2nd Juice 'Green Machine' Vegetable Juice**

Enjoy a delicious organic lunch, feel free to sit outside



### 1300-1600 **Fountainhead Method Integration Program**

Taking the theory of The Fountainhead Method™ and applying it to your situation

**REMEMBER TO TAKE YOUR JUICE IF DETOXING**

### 1700-1730 **Delicious Organic Dinner or 4th Juice 'Tropical Juice' & Warm Nutritious Broth**

Relax & enjoy a delicious dinner after all your hard work today

### 1730-1830 **Evening Group Discussion - Attendance is Compulsory**

Learn about The Fountainhead Method and share your experiences around today's topic 'Goals' with the group

### 1830-1930 **Journal Writing**

Learn the benefits of journaling and reflection on your personal belief system system. Tonight's topic is "Gratitude"

### 1930 **Retreat Closed**

We retreat back to our rooms, to rest and prepare for tomorrow's events

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# Tuesday Week 2

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7-Dec-10 **SECOND DAY OF THE DETOX'**

Meal times 0845; 1200; 1700 Detox times 0845; 1200; 1500; 1700

**0630-0715 Stretch Class**

Feel those muscles and enjoy a good stretch as the start of your day

**0715-0845 Maleny Walk**

A good look at the local area in this medium level walk

**0900-0920 Light Organic Breakfast or 1st Juice 'Alkaline Cleanser'**

Replenish your system, get ready for the day ahead. Alkaline cleanser helps your body eliminate toxins

**0930-1000 Morning Group Discussion - Compulsory**

Learn about The Fountainhead Method and understand more about today's today's topic "Emotions"

**1000-1200 Fountainhead Method Integration Program**

Go from observation to practical practice; learn a basic understanding of the brain, how we learn, interpersonal skills and take home tools

**1200-1300 Delicious Organic Lunch  
or 2nd Juice 'Green Machine' Vegetable Juice**

Enjoy a delicious organic lunch - feel free to sit outside



**1300-1600 Fountainhead Method Integration Program**

Go from observation to practical practice; learn a basic understanding of the brain, how we learn, interpersonal skills and take home tools

**REMEMBER TO TAKE YOUR JUICE IF DETOXING**

**1700-1730 Delicious Organic Dinner  
or 4th Juice 'Tropical Juice' & Warm Nutritious Broth**

Relax & enjoy a delicious dinner after all your hard work today.

**1730-1830 Evening Group Discussion - Compulsory**

Learn about The Fountainhead Method and share your experiences around around today's topic "Emotions" with the group

**1830-1930 Creative Writing Class**

Tap into your ocean of sensations, feelings, memories and impressions and find a voice of express them. If you can think you can write!

**1930 Lights out & sleep well -** We retreat back to our rooms, to rest and prepare for tomorrows events

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# Wednesday Week 2

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## 8-Dec-10 **THIRD DAY OF THE DETOX**

Meal times 0845; 1200; 1700 Detox times 0845; 1200; 1500; 1700

### 0700-0800 **Obstacle Course**

Join us for a fun challenge around our own course

### 0800-0845 **Steam and Plunge**

Very refreshing and invigorating for your whole system; great for guests detoxing

### 0900-0920 **Light Organic Breakfast or 1st Juice 'Alkaline Cleanser'**

**Detoxers** - The Alkaline cleanser helps your body eliminate toxins.

### 0930-1000 **Morning Group Discussion - Compulsory**

Learn about The Fountainhead Method and understand more about today's today's topic "**Control**"

### 1000-1200 **Fountainhead Method Integration Program**

Go from observation to practical practice; learn a basic understanding of the brain, how we learn, interpersonal skills and take home tools

### 1200-1300 **Delicious Organic Lunch or 2nd Juice 'Green Machine' Vegetable Juice**

Enjoy a delicious organic lunch -feel free to sit outside

### 1300-1600 **Fountainhead Method Integration Program**

Go from observation to practical practice; learn a basic understanding of the brain, how we learn, interpersonal skills and take home tools

**REMEMBER TO TAKE YOUR JUICE IF DETOXING**

### 1600-1645 **Maleny Town Trip**

For those needing personal supplies and do not have any therapies, your host will take you into town

### 1700-1730 **Delicious Organic Dinner or 4th Juice 'Tropical Juice' & Warm Nutritious Broth**

Relax & enjoy a delicious dinner after all your hard work today.

### 1730-1830 **Evening Group Discussion - Compulsory to attend**

Learn about The Fountainhead Method and share your experiences around around today's topic "**Control**" with the group.

### 1830-1930 **Your At Home Support**

Learn all about your online support when you get home

### 1930 **Lights out & sleep well**

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# Thursday Week 2

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9-Dec-10 Meal times 0845; 1200; 1700 Detox times 0845; 1200; 1500; 1700

**0630-0715 Stretch Class**

Feel those muscles and enjoy a good stretch to start your day

**0715-0830 Water Activity**

We will choose a fun group water activity!

**0845-0930 Light Organic Breakfast**

**0930-1000 Morning Group Discussion - Compulsory to attend**

Learn about The Fountainhead Method and how day's topic "Going Home" applies to you

**1000-1200 Fountainhead Method Integration Program**

Go from observation to practical practice; learn a basic understanding of the brain, how we learn, interpersonal skills and take home tools

**1200-1300 Delicious Organic Lunch**

Enjoy a delicious organic lunch - feel free to sit outside

**1300-1600 Fountainhead Method Integration Program**

Go from observation to practical practice; learn a basic understanding of the brain, how we learn, interpersonal skills and take home tools



**1700-1730 Evening Group Discussion - Compulsory to attend**

Learn about The Fountainhead Method and share your experiences around around today's topic "Going Home"

**1730-1800 Mocktails**

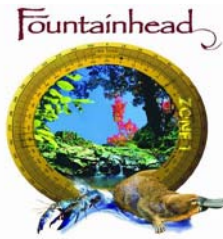
Enjoy some refreshments and socialise

**1800-1930 Themed Dinner with Music**

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# Friday Check Out

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**0630-0800 Cabin Pack Up and Departure**

**0800-0830 Bag Collection from Cabins**

Our team will come by and collect your bags to bring them to reception  
Please ensure they are ready for collection

**0830-0900 Farewell Breakfast**

Take your time to say goodbye to everyone who was here with  
you on the journey

**Bag Collection from Reception**

**Check outs and Farewells to everyone**

We wish you all the best

On your journey