

Day 1

Arrive around 3:30 pm (coordinate with Géraldine)

- Unload the car, kitchen supplies, shopping supplies, and bedroom supplies
- Put groceries in the refrigerators (the one on the right for the organizer's meals, the one on the left for the plantains)
- Prepare the fireplace if necessary
- Check that there are filtered water bottles in the cabin kitchen
- Set up the store

Reception from 5 pm

Greet participants

- Complete the questionnaire
- Assign accommodation (cabins/rooms)
- Help/direct participants to their accommodation (map in the internet room) / ask them if everything is okay in their accommodation (heating/mosquito nets, etc.) so that we can respond quickly before the first night's stay).

NB! To avoid excessively long waits for the interview, manage the flow of people based on the number of people waiting, advising them to either sit down first or wait for the interview.

From 7:00 PM (approximately – after the interviews): Room preparation

- Room organization (benches + round purple cushions + pitchers + mugs + toilet paper)
- Heat water for the purge and fill the bottles

Between 7:45 PM and 9:00 PM

- Tobacco purge (Géraldine)

Evening: Herbal bath / protection

Day 2

8:15 AM: Prepare breakfast

- Cook rice and oats and mix
- Prepare lavender and fill the thermoses

9:00 AM: Set up the meal

Morning: Salt water protection + 1 plant for the assistant

Around 10:00 AM: Meeting with participants (Géraldine)

Around 11:00 AM after the meeting

- Arrange the bags to collect the participants' personal belongings / Store the bags in the cabinet behind the store and lock it
- Low sliding cabinet behind the store (keys on top)

- Until departure to the cabin, be available for the store.
- Big sales period, products recommended for the diet (Balm 2U moisturizer, aloe vera, lip balm, clay as toothpaste)

OPENING OF DIET AND BEGINNING OF ISOLATION

- **Around 3 p.m.**
- Cook the bananas for 30 minutes and let them rest, covered.
- Drink plant 2
- **4 p.m.**
- Remove the bananas and blend them into a soup (optionally add the remaining rice/oats from the morning) – transfer them to the bucket and place it in the thermos bag.
- Distribution
- In the evening, plant bath, protection.

Day 3 ceremony

10:00 AM - 11:00 AM (depending on the distribution time, to be confirmed)

- Prepare breakfast:

Cook rice and oats and mix

Prepare lavender and fill thermoses for the assistant and Geraldine. If there is any lavender left over from the day before, refrigerate it in a carafe and heat it for the thermos.

In the morning, salt water, protection + plant

Distribution at 12 p.m.

- During lunch, 12:30 p.m./1 p.m., cook the bananas for 30 minutes and let them sit, covered.
- Take Plant 2

Around 3 p.m.

Take out the bananas and blend them into a soup – transfer them to the bucket and place them in the thermos bag.

4 p.m. Distribution

- Turn on the path lights on the way back up.

Around 5 p.m.

- Prepare the room:
- Flowers and plants
- Arrange the armchairs + cushions + toilet paper
- Take out the boxes with Géraldine's belongings and fabrics, chair, oil heater, set up

- Prepare the cups (in the cupboard upstairs), bring down the small tables
- Install the path lights: The lights are stored in the cupboard upstairs. They are magnetic and are installed in the designated locations (store and toilets on the right). You must open the piles and turn the middle one over.
- Evening: Herbal bath / protection
- **7:30 p.m. / 7:45 p.m.** be in the room (on the first day there is often an explanatory meeting before the ceremony)

Day 4

- Upon waking: Collect the ceremonial cups:
- Place them in a bucket and pour boiling water over them
- Rinse after 1 to 2 hours
- No meal in the morning for dieters
- **11:00 a.m.:** Take your plant
- **12:30 p.m.:** Lunch
- **3:00 p.m.:** Prepare plantain soup
- **4:00 p.m.:** Distribution
- Evening: Herbal bath / protection

Day 5: TOBACCO

- **9:00 a.m.**
- Prepare rice/oat meal
- Morning: Salt water protection + plant 1
- **10:00 a.m.**
- Distribution
- **Around 12:30 p.m**

Distribution of tobacco

Around 3:00 p.m.

Prepare plantain soup

4:00 p.m.

Distribution

Plant 2

Evening: Herbal Bath / Protection

Day 6

11 a.m.

Prepare rice/oat meal

Morning: Salt water, protection + Herb 1

12 p.m.

Distribution

Around 3 p.m.

Prepare plantain soup

4 p.m.

Distribution

Herb 2

Evening: Herbal Bath / Protection

Day 7 - Ceremony

11 a.m.

Prepare rice/oat meal

Morning: Salt water, protection + Herb 1

12 p.m.

Distribution

Around 3 p.m.

Prepare plantain soup

4 p.m.

Distribution - light the lights along the path

Around 5 p.m.

Prepare the room

Herb 2

Evening: Herbal Bath / Protection

8 p.m. Ceremony (9 p.m. in summer)

Day 8

Upon waking

Collect the ceremony cups:

Place them in a bucket and pour boiling water over them

Rinse after 1 to 2 minutes 2 hours

Put the cups away in the cupboard

In the morning, salt water protection + plant

11 a.m.

Prepare rice/oat meal

In the morning, salt water protection

12h

Distribution

After distribution, begin the interviews.

Around 3:00 PM

Prepare plantain soup

4:00 PM

Distribution

Other interviews

5:00 PM

Tidy up the room:

Bring the chairs upstairs

Put away the cushions/blankets

Put the lights in the closet (turn over the middle pile)

Plant 2

Day 9

Géraldine goes to buy fresh bread

10:00 AM - 12:00 PM

Serve the onion salad

Ask the dieters to bring their plates, cutlery, etc., buckets, and bottles with the gong.

NB! For those who want to keep their bucket for nighttime urination, offer them a cut-up bottle.

Light the fire if necessary

Take out the post-diet soaps

Take out the brush to wash the buckets

Put filtered water in the small glass container

Around 2-5 pm

When everything is ready and Géraldine is OK: ring the gong 😊

Meal (Marina's vegetable soup)

After the soup, return the dieters' belongings

4-5 pm

Post-diet meeting + soap distribution

BE AVAILABLE FOR THE STORE: Don't sit back and talk to a dieter for hours

Highlights for sales: products to recommend for the post-diet period (tinctures, herbal baths, post-diet shampoo, salt, lavender hydrosol, etc.)

Each person should bring a book by Géraldine/tincture/herbal bath, odorless products, etc.

Set a time to return to your room: 5-7 pm

Pack all the lavender thermoses for the next morning

Clean the store

Clean the closet

Do not use the dieters' meal planned for the next morning

Day 10

8:30 am

Place breakfast, vegetable dishes, bread, thermoses, reheat any leftover soup

General notes:

Times are for guidance only 😊

Marina cleans the large cooking dishes – place them over the dishwasher with water so they don't stick / Use the dishwasher for everything else

Take advantage of being in the kitchen to regularly refill the filtered water bottles and always have some on hand

Throw leftover plant baths into the plants 😊

In winter, collect kindling outside to light the fire

Keep paper and cardboard for the fireplace

Place and change a bowl every morning Filtered water bottle at the bottom of the stairs for in-room retreats.

Useful information:

There are a few 1.5L bottles in the first row of rooms (in case some participants have forgotten their water bottle or flask).

There is an extension cord/reel located under the communal sink on the right side.