

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 - Ceremony

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 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 3

- 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 4: 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 5 - 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 6

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

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 7- departure

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.