



Ketamine Wellness Program Itinerary: 1 Week Sample

All activities will be after or before the work day and on weekends.

Day	Hours	Session	Preparation & Intention Setting	KAP	Integration	Breathwork & Ice Bath	Yoga & Meditation	Sound Meditation	Strength Training	H.I.I.T Training	Zone 2 Training	Fun Activity
1	3.15	Opening	✓			✓	✓					
2	3.45	Journey	✓	✓			✓					
3	4.5	Integration			✓			✓				✓
4	1.5	Strength				✓			✓			
5	2	Cardio - Zone 2				✓					✓	
6	1.5	Cardio - HIIT				✓				✓		
7	1.5	Strength				✓			✓			

Your itinerary will be sent to you after you apply. Your itinerary is based on the program, location and dates you select.



EQNMT