

RBTI RETREAT AGENDA

<u>Wednesday:</u>	4:30-6:00pm	Check-in/get settled
	6:00-6:25pm	Meet and Greet
	6:25pm	Prayer + Blessing
	6:30pm	Dinner
	7:00-8:00pm	Expectations and Questions
<u>Thursday:</u>	7:45am	Check-in
	7:55am	Prayer + Devotion
	8:00am	Breakfast
	8:30-10:00am	Intro to RBTi + Natural Medicine (Dr. Misak)
	10:00-10:15am	Sample Collections
	10:15-10:30am	RBTi Testing Explanation + Methods (Laverne Reams)
	10:30-10:50am	Testing Practice
	10:50-11:00am	Break
	11:00-12:15am	Result Reviews and Discussion
	12:15-12:30	Break
	12:30pm	Lunch
	12:45-2:00pm	Intro: Eating by the Numbers (Betty Reams Hernandez)
	2:00-2:10pm	Sample Collection
	2:15-3:00pm	Testing Practice
	3:00-3:15pm	Break
	3:15-5:15pm	Regulating Sugars + Energy Potential
	5:15-6:00pm	Break
6:00pm	Dinner	
6:15-7:15pm	Q + A	
7:30pm	Dismiss	
<u>Friday:</u>	7:45	Check-in
	7:55	Prayer + Devotion
	8:00	Breakfast
	8:30-10:00am	Understanding pH's and Energy Efficiency (Dr. Misak)
	10:00-10:15am	Sample Collections
	10:15-10:30am	RBTi Testing Explanation Review (Lavern Reams)
	10:30-10:50am	Testing Practice
	10:50-11:00am	Break
	11:00-12:15am	Result Reviews and Discussion
	12:15-12:30	Break
	12:30pm	Lunch
	12:45-2:00pm	Eating by the Numbers (Betty Reams Hernandez)
	2:00-2:10pm	Sample Collection
	2:15-3:00pm	Testing Practice
	3:00-3:15pm	Break
	3:15-5:15pm	Understanding Salts and Conductivity
	5:15-6:00pm	Break
6:00pm	Dinner	
6:15-7:15pm	Q + A	
7:30pm	Dismiss	

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Saturday:

7:45	Check-in
7:55	Prayer + Devotion
8:00	Breakfast
8:30-10:00am	Cell Debris and Nitrates (Detoxification Efficiency)
10:00-10:15am	Sample Collections
10:15-10:30am	RBTI Testing Explanation Review (Lavern Reams)
10:30-10:50am	Testing Practice
10:50-11:00am	Break
11:00-12:15am	Result Reviews and Discussion
12:15-12:30	Break
12:30pm	Lunch
12:45-2:00pm	Cooking by the Numbers (Betty Reams Hernandez)
2:00-2:10pm	Sample Collection
2:15-3:00pm	Testing Practice
3:00-6:30	Break
6:30pm	Dinner
7:00 – 9:00pm	Balanced Energy and Monitoring (Philip Rankin)
9:00pm	Dismiss

Sunday:

7:45	Check-in
7:55	Prayer + Devotion
8:00	Breakfast
8:30-10:00am	Questions, Review, and Vision (Dr. Misak)
10:00-10:15am	Sample Collections
10:15-10:30am	Testing Practice
10:30-12:00pm	Questions, Review and Vision (Betty Ream-Hernandez)
12:00pm	Dismissal

Schedule subject to change.

See www.pittsburghalternativehealth.com/retreat for details.