

Barbara O'Neill in Thailand at Le Meridien Phuket Beach Resort

17th - 24th May 2026

Time	Sunday 17th	Monday 18th	Tuesday 19th	Wednesday 20th	Thursday 21st	Friday 22nd	Saturday 23rd	Sunday 24th
06.30-07.15 am		Fitness Class	Fitness Class	Fitness Class	Fitness Class	Fitness Class	Fitness Class	Fitness Class
07.30-08.30 am		Fantasy Breakfast	Fantasy Breakfast	Fantasy Breakfast	Fantasy Breakfast	Fantasy Breakfast	Fantasy Breakfast	Fantasy Breakfast
09.00-10.00 am		DNA and the True Cause of Disease Part 1 (Live)	The Liver (Live)	Air and Sunshine (Live)	Acid and Alkaline Balance (Live)	Exercise Talk (Live)	Mental Health 1 (Live)	Graduation Ceremony
10.00-10.15 am		Break 15 mins	Break 15 mins	Break 15 mins	Break 15 mins	Break 15 mins	Break 15 mins	Farewell Group photo
10.15-11.15 am		DNA and the True Cause of Disease Part 2 (Live)	Hormone (Live)	Temperance and Sleep (Live)	Essential Fats (Live)	Water and Salt (Live)	Mental Health 2 (Live)	
11.15-11.45 am		Workshop: Salt & Spice: Easy Vegan Meals with a Celtic & Cayenne Twist <i>By Zekiel Rokocakau</i>	Workshop: Hormone Harmony Naturally: Unlocking Balance with Tre Lune	Workshop: Sip & Glow: Quick Juices for Busy Days <i>By Zekiel Rokocakau</i>	Workshop: Rooted Relief: Healing with Ginger & Potato & Cyanne papper Poultices	Workshop: From Nature to Dessert Plate <i>By Zekiel Rokocakau</i>	Workshop: Eat Well, Age Slow: Barbara O’Neill’s Quick Menu & Daily Routine	
12.00-01.00 pm		Happy Lunch	Happy Lunch	Happy Lunch	Happy Lunch	Happy Lunch	Happy Lunch	
01.00-02.30 pm		Enjoy Free Time	Enjoy Free Time	Enjoy Free Time	Enjoy Free Time	Enjoy Free Time	Enjoy Free Time	
03.00-03.45 pm	Check in	Special Q&A Session (Live)	Special Q&A Session (Live)	Special Q&A Session (Live)	Special Q&A Session (Live)	Special Q&A Session (Live)	Special Q&A Session (Live)	
03.45-04.00 pm	Free time	Break 15 mins	Break 15 mins	Break 15 mins	Break 15 mins	Break 15 mins	Break 15 mins	
04.00-05.00 pm	Free time	Water Therapy 1 (Live)	Water Therapy 2 (Live)	Poultices 1 (Live)	Poultices 2 (Live)	Preventing Alzheimers (Live)	Workshop: 7 Days of You: Sustain Me Journey (Live)	
05.00-05.15 pm	Welcome Talk By Michael and Barbara O’Neill							
05.15-06.00 pm	Welcome Dinner with Michael and Barbara O’Neill							
06.00-06.30 pm	Program Introduction (Live)							
06.30-07.30 pm	Group photo							Exclusive Dinner