



UDARABALI
YOGA DETOX SPA

4 Elements Detox 14 Days/13 Nights - Sample Schedule

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
6:45 AM		Morning Meditation	Morning Meditation			Morning Meditation	
7:15 AM		Get your Coconut	Get your Coconut	Get your Coconut	Get your Coconut	Get your Coconut	Get your Coconut
7:30 AM		Aerial Yoga	Pilates Class	Aerial Yoga	Aerial Yoga	Aerial Yoga	Sauna/Steam room
9:00 AM		Detox Breakfast	Detox Breakfast	Detox Breakfast	Detox Breakfast	Detox Breakfast	Detox Breakfast
10:00 AM		Balinese Massage (1)	Balinese Massage (2)	Balinese Massage (3)		Colonic Irrigation Treatment	
10:30 AM					Enema (4)		Yoga Class
11:00 AM				Enema (3)	Sauna/Steam room		
12:00 PM		Sauna/Steam room	Sauna/Steam room	Sauna/Steam room			
1:00 PM		Detox Lunch	Detox Lunch	Detox Lunch	Detox Lunch	Detox Lunch	Detox Lunch
2:00 PM	Check-In	Enema (1)	Enema (2)	Lecture	Water Healing		Enema (5)
3:00 PM	Intro Consultation	Water Aerobics	Water Aerobics			Water Aerobics	Water Yoga
3:45 PM		Green Break	Green Break	Green Break	Green Break	Green Break	Green Break
4:00 PM			Yoga Class	Water Yoga	Balinese Massage (4) + Body Scrub		Hot Stone Massage
5:30 PM	Sauna/Steam Room						
7:00 PM	Detox Dinner	Detox Dinner	Detox Dinner	Detox Dinner	Detox Dinner	Detox Dinner	Detox Dinner
7:30 PM	Yin Yoga Class	Yin Yoga Class	Yin Yoga Class	Yin Yoga Class	Yin Yoga Class	Sauna/Steam room	Yin Yoga Class

	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	
6:45 AM		Morning Meditation	Morning Meditation			Morning Meditation		
7:15 AM	Get your coconut	Get your Coconut	Get your Coconut	Get your Coconut	Get your Coconut	Get your Coconut	Get your Coconut	
7:30 AM		Sauna/Steam room	Pilates Class	Detox Breakfast (8 am)	Detox Breakfast (8 am)	Aerial Yoga	Aerial Yoga	
9:00 AM		Detox Breakfast	Detox Breakfast	Yoga Class	Yoga Class	Detox Breakfast	Break the fast plate	
10:00 AM	Excursion day (Breakfast and Lunch take away)		Shirodara Massage			Balinese Massage (8)	Final Measurements	
10:30 AM		Yoga Class						
11:00 AM				Enema (7)	Balinese Massage (6)	Balinese Massage (7)	Enema (10)	
12:00 PM			Enema (6)		Enema (8)	Enema (9)	Sauna/Steam room	Check-Out
1:00 PM			Detox Lunch	Detox Lunch	Detox Lunch	Detox Lunch	Detox Lunch	
2:00 PM				Lecture	Sauna/Steam Room			
3:00 PM		Water Aerobics	Water Aerobics		Water Aerobics	Water Aerobics		
3:45 PM	Green Break	Green Break	Green Break	Green Break	Green Break	Green Break		
4:00 PM			Sauna/Steam Room	Water Yoga		Yoga Class		
5:30 PM	Aerial Yoga Class	Balinese Massage (5)			Sauna/Steam room	Sunset Meditation		
7:00 PM	Detox Dinner	Detox Dinner	Detox Dinner	Detox Dinner	Detox Dinner	Detox Dinner		
7:30 PM	Yin Yoga Class	Yin Yoga Class	Yin Yoga Class	Yin Yoga Class	Yin Yoga Class			

Note: This is a sample schedule and the times may be different during your program.