



UDARABALI
YOGA DETOX SPA

Healing Juice Cleanse 4 Days - Sample Schedule

	Day 1	Day 2	Day 3	Day 4
6:45 AM			Morning Meditation	
7:15 AM		Get your cocconut	Get your coconut	Get your coconut
7:30 AM		Yoga Class	Yoga Class	Yoga Class
9:00 AM		Detox Breakfast	Detox Breakfast	Final Measurements
10:00 AM		Enema	Enema	Break the fast plate
11:00 AM		Sauna/Steam Room		Sauna/Steam Room
12:00 PM		Balinese Massage	Balinese Massage	Check-Out
1:00 PM		Detox Lunch	Detox Lunch	
2:00 PM	Check-In	Talk	Sauna/Steam Room	
3:00 PM	Intro Consultation	Water Activity	Water Activity	
3:45 PM		Green Break	Green Break	
4:00 PM	Sauna/Steam Room	Yoga Class		
5:30 PM	Balinese Massage		Yoga Class	
7:00 PM	Detox Dinner	Detox Dinner	Detox Dinner	
7:30 PM	Yoga/Meditation Class	Yoga/Meditation Class	Yoga/Meditation Class	

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