



UDARABALI
YOGA DETOX SPA

Mind Body & Soul Recharge - 10 Days - Sample Schedule

	Sat 1	Sun 2	Mon 3	Tue 4	Wed 5	Thu 6	Fri 7	Sat 8	Sun 9	Mon 10	
6:45 AM			Morning Meditation	Morning Meditation			Morning Meditation				
7:00 AM		Get your coconut	Get your coconut	Get your coconut	Get your coconut	Get your coconut	Get your coconut	Get your coconut	Get your coconut	Get your coconut	
7:30 AM			Yoga Class	Pilates Class	Yoga Class	Yoga Class	Detox Breakfast (8 am)	Yoga Class	Yoga Class	Yoga Class	
9:00 AM		Detox Breakfast	Detox Breakfast	Detox Breakfast	Detox Breakfast	Visit Local Healer (Breakfast and Lunch take away)	Osho Kundalini Meditation	Detox Breakfast	Detox Breakfast	Break the fast plate	
10:00 AM		Yoga Class	Sauna/Steam Room	Enema (3)	Enema (4)				Enema (6)	Enema (7)	Sauna/Steam Room
10:30 AM								Yoga Class			
11:00 AM			Balinese Massage (2)	Sauna/Steam Room						Sauna/Steam Room	Final Measurements
12:00 PM		Balinese Massage (1)	Balinese Boreh	Reiki Session	Sauna/Steam Room			Sauna/Steam Room	Aroma Therapy Massage	Balinese Massage (4)	Check-Out
1:00 PM		Detox Lunch	Detox Lunch	Detox Lunch	Detox Lunch			Detox Lunch	Detox Lunch	Detox Lunch	
2:00 PM	Check-In	Enema (1)	Enema (2)		Water Healing Treatment			Enema (5)	Lecture	Shamanic Healing Therapy	
3:00 PM	Intro Consultation								Yoga Class		
3:45 PM		Green Break	Green Break	Green Break	Green Break			Green Break	Green Break	Green Break	
4:00 PM		Sauna/Steam Room	Yoga Class	Yoga Class	Yoga Class			Balinese Massage (3)	Sauna/Steam Room		
5:30 PM	Sauna/Steam Room	Yoga Class	Sunset Beach Meditation	Shirodara		Sauna/Steam Room	Yoga Class		Yoga Class		
7:00 PM	Detox Dinner	Detox Dinner	Detox Dinner	Detox Dinner	Detox Dinner	Detox Dinner	Detox Dinner	Detox Dinner	Detox Dinner		
7:30 PM	Yoga/Meditation Class	Yoga/Meditation Class	Yoga/Meditation Class	Yoga/Meditation Class	Yoga/Meditation Class	Yoga/Meditation Class	Singing Bowl Meditation Sauna	Yoga/Meditation Class	Yoga/Meditation Class		

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