



UDARABALI
YOGA DETOX SPA

New Life Transformation - 21 Days/20 Nights - Sample Schedule for the first and last week

	Sun 1	Mon 2	Tue 3	Wed 4	Thu 5	Fri 6	Sat 7
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
7:30 AM		Yoga Class	Pilates Class	Yoga Class	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)	Detox Breakfast
10:00 AM				Colonics (1)			Enema (4)
10:30 AM		Balinese Massage (1)	Balinese Massage (2)	Hot Stone Massage			
11:00 AM				Sauna/Steam Room			Sauna/Steam Room
12:00 PM		Sauna/Steam Room	Sauna/Steam Room				Lecture
1:00 PM		Detox Lunch	Detox Lunch	Detox Lunch	Detox Lunch		Detox Lunch
2:00 PM	Check-In	Enema (1)	Enema (2)	Enema (3)	Balinese Massage (3)		Water Healing
3:00 PM	Intro Consultation		Sauna/Steam Room		Sauna/Steam Room		
3:45 PM		Green Break	Green Break	Green Break	Green Break	Green Break	Green Break
4:00 PM		Yoga Class	Yoga Class	Yoga Class	Yoga Class		
5:30 PM	Sauna/Steam Room					Yoga/Meditation Class	Balinese Massage (4)
7:00 PM	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	Sauna/Steam Room	Yoga/Meditation Class

	Sat 15	Sun 16	Mon 17	Tue 18	Wed 19	Thu 20	Fri 21
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
7:30 AM	Yoga Class		Yoga Class	Pilates Class	Yoga Class	Yoga Class	Yoga Class
9:00 AM	Detox Breakfast	Detox Breakfast	Detox Breakfast	Water Blessing Ceremony (Breakfast and Lunch take away)	Detox Breakfast	Detox Breakfast	Break the fast plate
10:00 AM			Colonics (4)		Enema (11)	Enema (12)	
10:30 AM	Warm Wood Massage	Yoga Class					Sauna/Steam Room
11:00 AM							Final Consultation
12:00 PM	Enema (9)	Enema (10)			Balinese Massage (10)	Sauna/Steam Room	Check-Out
1:00 PM	Detox Lunch	Detox Lunch	Detox Lunch		Detox Lunch		
2:00 PM	Water Healing	Lecture	Facial		Body Scrub		
3:00 PM	Yoga Class						
3:45 PM		Green Break	Green Break		Green Break	Green Break	
4:00 PM	Green Break	Balinese Massage (9)	Yoga Class		Yoga Class	Yoga Class	
5:30 PM	Sauna/Steam Room	Sauna/Steam Room	Sauna/Steam Room		Sauna/Steam Room		
7:00 PM	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	

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