



**UDARABALI**  
YOGA DETOX SPA

**New Life Transformation - 30 Days/29 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

	Tue 24	Wed 25	Thu 26	Fri 27	Sat 28	Sun 29	Mon 30	
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	Pilates Class	Yoga Class	Yoga Class	Yoga Class	Yoga Class	Enema (18)	Yoga Class	
9:00 AM	Detox Breakfast	Detox Breakfast	Water Blessing Ceremony (Breakfast and Lunch take away)	Detox Breakfast	Detox Breakfast	Detox Breakfast	Breakfast	
10:00 AM	Enema (15)	Enema (16)		Colonics (5)	Enema (17)	Yoga Class	Sauna/Steam Room	
10:30 AM								
11:00 AM	Balinese Massage (11)	Hot Herbal Compress						Final Consultation
12:00 PM					Body Scrub			Check-Out
1:00 PM	Detox Lunch	Detox Lunch		Detox Lunch	Detox Lunch	Detox Lunch		
2:00 PM	Lecture	Sauna/Steam Room		Balinese Massage (12)	Sauna/Steam Room	Balinese Massage (13)		
3:00 PM						Sauna/Steam Room		
3:45 PM	Green Break	Green Break		Green Break	Green Break	Green Break		
4:00 PM	Yoga Class	Yoga Class		Yoga Class	Yoga Class	Yoga Class		
5:30 PM	Sauna/Steam Room		Sauna/Steam Room	Yoga Class				
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	Sauna/Steam Room	Yoga/Meditation Class	Yoga/Meditation Class		

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