



UDARABALI
YOGA DETOX SPA

Raw Food ReBoost 7 Days/6 Nights - Sample Schedule

	Sun Day 1	Mon Day 2	Tue Day 3	Wed Day 4	Thu Day 5	Fri Day 6	Sat Day 7
6:45 AM							
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	Yoga Class	Yoga Class	Yoga Class	Yoga Class	Yoga Class
9:00 AM		Detox Breakfast	Detox Breakfast	Excursion Day (Breakfast and Lunch take away)	Detox Breakfast	Detox Breakfast	
10:00 AM		Balinese Massage	Body Scrub		Colonics		Break the fast plate
10:30 AM						Yoga Class	
11:00 AM		Enema	Enema				Final Measurements
12:00 PM						Enema	Check-Out
1:00 PM		Detox Lunch	Detox Lunch			Detox Lunch	Detox Lunch
2:00 PM	Check-In	Sauna/Steam Room	Water Healing Session		Shirodara Massage	Lecture	
3:00 PM	Intro Consultation	Water Aerobics			Water Aerobics	Water Activity	
3:45 PM		Green Break	Green Break	Green Break	Green Break	Green Break	
4:00 PM	Water Healing Workshop	Yoga Class	Yoga Class		Yoga Class	Balinese Massage	
5:30 PM	Yoga Class					Yin Yoga Class	
7:00 PM		Detox Dinner	Detox Dinner	Detox Dinner	Detox Dinner	Detox Dinner	
7:30 PM	Yin Yoga	Yin Yoga	Yin Yoga	Yin Yoga	Yin Yoga	Sauna/Steam Room	

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