



**UDARABALI**  
YOGA DETOX SPA

**Monthly Udara Detox Retreat - Sample Schedule**

	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
6:45 AM		Morning Meditation	Morning Meditation			Morning Meditation		
7:15 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		Aerial Yoga Class	Pilates Class	Aerial Yoga Class	Aerial Yoga Class	Aerial Yoga Class	Detox Breakfast (8:00 am)	
9:00 AM		Detox Breakfast	Detox Breakfast	Detox Breakfast	Excursion to Water Temple	Detox Breakfast	Vinyasa Yoga Class	Final Measurements
10:00 AM		Sauna/Steam room	Visit Balinese Healer			Sauna/Steam room		Yoga Class
11:00 AM		Balinese Massage				Balinese Massage	Sauna/Steam Room	Break the Fast Plate
12:00 PM		Enema		Enema			Enema	Check-Out
1:00 PM		Detox Lunch	Detox Lunch	Detox Lunch	Breakfast and Lunch take away	Detox Lunch	Detox Lunch	
2:00 PM	Check-In		Herbal Heat Massage	Nutrition Talk				
3:00 PM	Intro consultation	Water Aerobics	Water Aerobics			Water Aerobics	Water Yoga	
3:45 PM	Green Break Juice	Green Break Juice	Green Break Juice	Green Break Juice		Green Break Juice	Green Break Juice	
4:00 PM		Hatha Yoga Class	Sauna/Steam room	Water Yoga			Shiatsu Massage	
5:30 PM	Sauna/Steam room		Yoga Class	Warm Wood Massage	Green Break Juice	Yin Yoga Class	Aerial Yoga Class	
7:00 PM	Vegetarian Dinner	Detox Dinner	Detox Dinner	Detox Dinner	Detox Dinner	Detox Dinner	Detox Dinner	
7:30 PM	Yin Yoga Class	Yin Yoga Class	Yin Yoga Class	Yin Yoga Class	Yin Yoga Class	Sauna/Steam Room	Yin Yoga Class	

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