



UDARABALI
YOGA DETOX SPA



Sample Schedule 21 Days New Life Transformation

	Sunday Day 1	Monday Day 2	Tuesday Day 3	Wednesday Day 4	Thursday Day 5	Friday Day 6	Saturday Day 7
6.45 AM		Beach Bootcamp	Morning Meditation		Beach Bootcamp	Morning Meditation	Beach Bootcamp
7.15 AM		Get your coconut	Get your coconut	Get your coconut	Get your coconut	Get your coconut	Get your coconut
7.30 AM		Get your coconut	Detox Breakfast	Detox Breakfast	Get your coconut	Aerial Yoga	Get your coconut
8.30 AM		Detox Breakfast			Detox Breakfast		Detox Breakfast
9.00 AM		Aerial Yoga or Rehability Class	Enema	Vinyasa or Aerial Yoga	Mindfulness Power Yoga	Detox Breakfast	Enema
10.00 AM						Sauna / Steam Room	
10.30 AM			Qi Cultivation				Mindfulness Power Yoga
11.00 AM		Enema			Health & Nutrition Talk	Colonic Hydrotherapy	
12.00 PM		Sauna / Steam Room	private Consultation	Enema			Sauna / Steam Room
1.00 PM		Detox Lunch	Detox Lunch	Detox Lunch	Detox Lunch	Detox Lunch	Detox Lunch
2.00 PM	Check-in	Floating Sound Meditation	Balinese Massage	Balinese Massage	Blessing Ceremony	Hyperbaric Oxygen Chamber Treatment	private Water Healing
3.00 PM			Sauna / Steam Room	Sauna / Steam Room			
3.45 PM	3.30 Opening Circle & Introduction	Green Break Juice	Green Break Juice	Green Break Juice	Green Break Juice	Green Break Juice	Green Break Juice
4.00 PM		Aerial Yoga	Water Yoga	Visit Tanah Lot Temple	Aerial or Hatha Yoga	Lymphatic Massage	Strong Slow Flow
5.30 PM	Aerial Yoga	6.00 pm Yin Yoga & Sound	Special Event Night		6.00 pm Yin Yoga & Sound	Special Event Night	6.00 pm Yin Yoga & Sound
7.00 PM	Light Welcome Dinner			Detox Dinner			
7.30 PM	Sauna / Steam Room	Detox Dinner	Detox Dinner		Detox Dinner	Detox Dinner	Detox Dinner



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	Sunday Day 8	Monday Day 9	Tuesday Day 10	Wednesday Day 11	Thursday Day 12	Friday Day 13	Saturday Day 14
6.45 AM			Morning Meditation		Beach Bootcamp	Morning Meditation	Beach Bootcamp
7.15 AM	Get your coconut	Get your coconut	Get your coconut	Get your coconut		Get your coconut	
7.30 AM	Detox Breakfast	Aerial Yoga	Aerial Yoga	Detox Breakfast	Get your coconut	Aerial Yoga	Get your coconut
8.30 AM					Detox Breakfast		Detox Breakfast
9.00 AM	Sunday Yoga Class	Detox Breakfast	Detox Breakfast	Vinyasa or Aerial Yoga	Mindfulness Power Yoga	Detox Breakfast	Enema
10.00 AM		Excursion to Water Temple					
10.30 AM	Ecstatic Dance					Osho Kundalini Meditation	Mindfulness Power Yoga
11.00 AM			Colonic Hydrotherapy		Balinese Boreh		
12.00 PM	Sound Healing			Enema		Enema	Sauna / Steam Room
1.00 PM	Detox Lunch		Detox Lunch	Detox Lunch	Detox Lunch	Detox Lunch	Detox Lunch
2.00 PM	Enema		private Reiki Treatment	Balinese Massage	Enema	Lymphatic Massage	Water Healing
3.00 PM			Sauna / Steam Room	Sauna / Steam Room	Sauna / Steam Room	Sauna / Steam Room	
3.45 PM	Green Break Juice	Green Break Juice	Green Break Juice	Green Break Juice	Green Break Juice	Green Break Juice	Green Break Juice
4.00 PM	Gentle Flow	Balinese Lulur	Aerial Yoga	Happy Healing Flow	Aerial or Hatha Yoga	Hatha Yoga	Strong Slow Flow
5.30 PM	Balinese Massage	6.00 pm Yin Yoga & Sound	Special Event Night	Hyperbaric Oxygen Chamber Treatment	6.00 pm Yin Yoga & Sound	Special Event Night	6.00 pm Yin Yoga & Sound
7.00 PM	Detox Dinner			Detox Dinner			
7.30 PM	Sauna / Steam Room	Detox Dinner	Detox Dinner		Detox Dinner	Detox Dinner	Detox Dinner



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	Sunday Day 15	Monday Day 16	Tuesday Day 17	Wednesday Day 18	Thursday Day 19	Friday Day 20	Saturday Day 21
6.45 AM			Morning Meditation		Beach Bootcamp	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	Detox Breakfast	Detox Breakfast	Aerial Yoga	Detox Breakfast	Get your coconut	Aerial Yoga	Aerial Yoga
8.30 AM					Detox Breakfast		
9.00 AM	Sunday Yoga Class	Rehability Yoga	Detox Breakfast	Vinyasa or Aerial Yoga	Enema	Detox Breakfast	Detox Breakfast
10.00 AM	Ecstatic Dance		Visit Balinese Healer		Quantum Breathwork	Osho Kundalini Meditation	Closing Circle
11.00 AM		Colonic Hydrotherapy					
12.00 PM	Sound Healing			Enema		Enema	Break the fast plate & Check-out
1.00 PM	Detox Lunch	Detox Lunch	Detox Lunch	Detox Lunch	Detox Lunch	Detox Lunch	
2.00 PM	Enema	Private Sound Healing		Balinese Massage	Foot Reflexology	Lymphatic Massage	
3.00 PM			Sauna / Steam Room	Sauna / Steam Room	Sauna / Steam Room	Sauna / Steam Room	
3.45 PM	Green Break Juice	Green Break Juice	Green Break Juice	Green Break Juice	Green Break Juice	Green Break Juice	
4.00 PM	Gentle Flow	Aerial Yoga	Water Yoga	Happy Healing Flow	Aerial or Hatha Yoga	Hatha Yoga	
5.30 PM	Balinese Massage	6.00 pm Yin Yoga & Sound	Special Event Night	Hyperbaric Oxygen Chamber Treatment	6.00 pm Yin Yoga & Sound	Special Event Night	
7.00 PM	Detox Dinner			Detox Dinner			
7.30 PM	Sauna / Steam Room	Detox Dinner	Detox Dinner		Detox Dinner	Detox Dinner	