



UDARABALI  
YOGA DETOX SPA



Sample Schedule 28 Days New Life Transformation

|          | Sunday<br>Day 1                    | Monday<br>Day 2                 | Tuesday<br>Day 3     | Wednesday<br>Day 4     | Thursday<br>Day 5        | Friday<br>Day 6                     | Saturday<br>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          |                                     | 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 |                          |
| 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<br>Day 8    | Monday<br>Day 9           | Tuesday<br>Day 10       | Wednesday<br>Day 11                 | Thursday<br>Day 12       | Friday<br>Day 13          | Saturday<br>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 | Sauna / Steam Room      |                                     |                          |                           |                          |
| 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         | private 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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Sample Schedule 28 Days New Life Transformation

|          | Sunday<br>Day 15   | Monday<br>Day 16         | Tuesday<br>Day 17     | Wednesday<br>Day 18                 | Thursday<br>Day 19       | Friday<br>Day 20          | Saturday<br>Day 21       |
|----------|--------------------|--------------------------|-----------------------|-------------------------------------|--------------------------|---------------------------|--------------------------|
| 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          |                          |
| 7.30 AM  | Detox Breakfast    | Get your coconut         | Aerial Yoga           | Detox Breakfast                     | Get your coconut         | Aerial Yoga               | Get your coconut         |
| 8.30 AM  |                    | Detox Breakfast          |                       |                                     | Detox Breakfast          |                           | Detox Breakfast          |
| 9.00 AM  | Sunday Yoga Class  | Rehability Yoga          | Detox Breakfast       | Vinyasa or Aerial Yoga              | Enema                    | Detox Breakfast           | Enema                    |
| 10.00 AM |                    |                          | Visit Balinese Healer |                                     |                          |                           |                          |
| 10.30 AM | Ecstatic Dance     |                          |                       |                                     | Quantum Breathwork       | Osho Kundalini Meditation | Mindfulness Power Yoga   |
| 11.00 AM |                    | Colonic Hydrotherapy     |                       |                                     |                          |                           |                          |
| 12.00 PM | Sound Healing      |                          |                       | Enema                               |                          |                           | Sauna / Steam Room       |
| 1.00 PM  | Detox Lunch        | 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         | Water Massage            |
| 3.00 PM  | Sauna / Steam Room | Sauna / Steam Room       | 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        | Aerial Yoga              | Water 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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Sample Schedule 28 Days New Life Transformation

|          | Sunday<br>Day 22   | Monday<br>Day 23               | Tuesday<br>Day 24      | Wednesday<br>Day 25                 | Thursday<br>Day 26       | Friday<br>Day 27          | Saturday<br>Day 28               |
|----------|--------------------|--------------------------------|------------------------|-------------------------------------|--------------------------|---------------------------|----------------------------------|
| 6.45 AM  |                    | Beach Bootcamp                 | Morning Meditation     |                                     | Beach Bootcamp           | Morning Meditation        |                                  |
| 7.15 AM  | Get your coconut   |                                | Get your coconut       | Get your coconut                    |                          | Get your coconut          | Get your coconut                 |
| 7.30 AM  | Detox Breakfast    | Get your coconut               | Aerial Yoga            | Detox Breakfast                     | Get your coconut         | Aerial Yoga               | Aerial Yoga                      |
| 8.30 AM  |                    | Detox Breakfast                |                        |                                     | Detox Breakfast          |                           |                                  |
| 9.00 AM  | Sunday Yoga Class  | Rehability Yoga                | Detox Breakfast        | Enema                               | Enema                    | Detox Breakfast           | Detox Breakfast                  |
| 10.00 AM | Ecstatic Dance     |                                |                        | Gentle Flow                         | Quantum Breathwork       | Osho Kundalini Meditation | Closing Circle                   |
| 10.30 AM |                    | private Nutrition Consultation | Colonic Hydrotherapy   |                                     |                          |                           |                                  |
| 11.00 AM | Sound Healing      |                                |                        |                                     |                          |                           |                                  |
| 12.00 PM |                    |                                |                        |                                     |                          |                           | 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                          | Crown Chakra Treatment | Balinese Massage                    |                          | Lymphatic Massage         |                                  |
| 3.00 PM  | Sauna / Steam Room |                                | 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  | Balinese Massage   | Aerial Yoga                    | Water Yoga             | Happy Healing Flow                  | Aerial or Hatha Yoga     | Hatha Yoga                |                                  |
| 5.30 PM  | Aerial Yoga        | 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              |                                  |