



UDARABALI
YOGA DETOX SPA



Sample Schedule 5 Days Revitalizing Detox

	Sunday	Monday	Tuesday	Wednesday	Thursday
	Day 1	Day 2	Day 3	Day 4	Day 5
6.45 AM		Beach Bootcamp	Morning Meditation		
7.15 AM			Get your coconut	Get your coconut	Get your coconut
7.30 AM		Get your coconut	Detox Breakfast	Detox Breakfast	Aerial Yoga
8.30 AM		Detox Breakfast			
9.00 AM		Aerial Yoga or Rehabilitation Class	Enema	Vinyasa or Aerial Yoga	Detox Breakfast
10.00 AM					Final Feedback
10.30 AM			Qi Cultivation		
11.00 AM		Enema			Health & Nutrition Talk
12.00 PM		Sauna / Steam Room		Enema	Break the fast plate & Check-out
1.00 PM		Detox Lunch	Detox Lunch	Detox Lunch	
2.00 PM	Check-in	Floating Sound Meditation	Balinese Massage	Lymphatic Massage	
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	
4.00 PM		Aerial Yoga	Aerial Yoga	Visit Tanah Lot Temple	
5.30 PM	Aerial Yoga	6.00 pm Yin Yoga & Sound	Special Event Night		
7.00 PM	Light Welcome Dinner			Detox Dinner	
7.30 PM	Sauna / Steam Room	Detox Dinner	Detox Dinner		