



UDARABALI
YOGA DETOX SPA



Sample Schedule 7 Days Revitalizing Detox

	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		
7.15 AM		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	Detox Breakfast	Detox Breakfast	Aerial Yoga	Aerial Yoga	
8.30 AM		Aerial Yoga or Reability Class	Enema	Vinyasa or Aerial Yoga	Mindfulness Power Yoga	Detox Breakfast	Detox Breakfast	
9.00 AM								
10.00 AM			Qi Cultivation			Osho Kundalni Meditation	Closing Circle	
10.30 AM			Enema		Health & Nutrition Talk			
11.00 AM			Sauna / Steam Room	Enema		Enema	Break the fast plate & Check-out	
12.00 PM			Detox Lunch	Detox Lunch	Detox Lunch	Detox Lunch		
1.00 PM		Check-in	Floating Sound Meditation	Balinese Massage	Lymphatic Massage	Blessing Ceremony	Balinese Lulur (Body Scrub)	
2.00 PM			Sauna / Steam Room	Sauna / Steam Room	Sauna / Steam Room	Sauna / Steam Room	Sauna / Steam Room	
3.00 PM			Green Break Juice	Green Break Juice	Green Break Juice	Green Break Juice	Green Break Juice	
3.45 PM	3.30 Opening Circle & Introduction	Aerial Yoga	Aerial Yoga	Visit Tanah Lot Temple	Aerial or Hatha Yoga	Hatha Yoga		
4.00 PM								
5.30 PM	Aerial Yoga	6.00 pm Yin Yoga & Sound	Special Event Night		6.00 pm Yin Yoga & Sound	Special Event		
7.00 PM	Light Welcome Dinner			Detox Dinner		Detox Dinner		
7.30 PM	Sauna / Steam Room	Detox Dinner	Detox Dinner		Detox Dinner			