



UDARABALI
YOGA DETOX SPA



Sample Schedule 21 Days New Life Transformation

WEEK 1							
	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
6.45 AM				6.45am Morning Meditation			6.45am Morning Meditation
7.15 AM		Get your coconut		Get your coconut		Get your coconut	Get your coconut
7.30 AM		Detox Breakfast	Get your coconut		Get your coconut	7.30am Enema (4)	7.30am Enema (5)
8.30 AM			8.30am Enema Intro	7.30am Aerial Yoga	Detox Breakfast		Detox Breakfast
9.00 AM		9.00am - 1.30pm Uudara Sunday Festival (Yoga, Ecstatic Dance, Sound Healing, Celebration of Life)		Detox Breakfast	9am Aerial Yoga or Vinyasa	Detox Breakfast	9am Vinyasa Breathwork
9.30 AM			Detox Breakfast	9.30am Enema (2)			
10.30 AM			10.30am Hatha			10.30am Quantum Breathwork	10.30am Qi Gong
11.00 AM			Sauna / Steam Room	Sauna / Steam Room			
12.00 PM			Detox Lunch	Detox Lunch			
1.00 PM					12pm Enema (3)	Detox Lunch	Sauna / Steam Room
2.00 PM	Check-in	Detox Lunch	2pm Floating Sound Meditation	2pm Offering Workshop	Detox Lunch	1pm Jamu Making Class	Detox Lunch
3.00 PM	3pm Opening Circle and Introduction & Green Break Juice	Sauna / Steam Room				2pm Balinese Massage	2pm Private Consultation
3.45 PM		Green Break Juice	Green Break Juice	Green Break Juice	Green Break Juice	Green Break Juice	Green Break Juice
4.00 PM		4pm Gentle Flow or Aerial Yoga	3.30pm Balinese Massage	4pm Water Yoga or Aerial Yoga	4pm Happy Healing Flow	4pm Hatha Yoga	4pm Lymphatic Massage
5.30 PM	5.30pm Aerial Yoga or 6.00pm Yin Yoga & Sound			Detox Dinner		5.30pm 90min Hyperbaric Oxygen Chamber	Detox Dinner
6.00 PM		6pm Yin Yoga & Sound	6pm Yin Yoga & Sound	SPECIAL EVENT	6pm Balinese Boreh		
7.00 PM			Detox Dinner				
7.30 PM	Light Welcome Dinner	Detox Dinner	Detox Dinner			Detox Dinner	
8.00 PM	Sauna / Steam Room		Sauna / Steam Room		Sauna / Steam Room	Sauna / Steam Room	



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WEEK 2							
	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
6.45 AM				6.45am Morning Meditation			6.45am 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	7.30am Aerial Yoga	7.30am Aerial Yoga	7.30am Aerial Yoga		
8.30 AM							Detox Breakfast
9.00 AM	9am Vinyasa	9.00am - 1.30pm Udana Sunday Festival (Yoga, Ecstatic Dance, Sound Healing, Closing Circle)	Detox Breakfast	Detox Breakfast	Detox Breakfast	Detox Breakfast	9am Vinyasa Breathwork
9.30 AM			9.30am Enema (6)				
10.30 AM	11.00am Departure for 11.30am Colonic Hydrotherapy		Sauna / Steam Room	Sauna / Steam Room	Excursion to sacred Water Temple (Detox Lunch take away)	10.30am Quantum Breathwork	Sauna / Steam Room
11.00 AM							
12.00 PM			12pm Reiki	12.00pm Enema (7)			12.00pm Enema (8)
1.00 PM	Detox Lunch	Detox Lunch	Detox Lunch			Detox Lunch	Detox Lunch
2.00 PM	2pm Balinese Massage	Detox Lunch	2pm Foot Massage	2.00-3.30pm 90min Hyperbaric Oxygen Chamber		2pm Lymphatic Massage	2pm Private Sound Healing
3.00 PM		Sauna / Steam Room					
3.45 PM	Green Break Juice	Green Break Juice	Green Break Juice			Green Break Juice	Green Break Juice
4.00 PM	4pm Gentle Flow	4pm Gentle Flow	4pm Pilates	Green Break Juice		4pm Hatha Yoga	4pm Water Yoga
5.30 PM				Detox Dinner			SPECIAL EVENT
6.00 PM	6pm Yin Yoga & Sound	6pm Yin Yoga & Sound	6pm Yin Yoga & Sound	SPECIAL EVENT	6pm Balinese Massage	6pm Yin Yoga & Sound	
7.00 PM					Detox Dinner		
7.30 PM	Detox Dinner	Detox Dinner	Detox Dinner			Detox Dinner	
8.00 PM	Sauna / Steam Room				Sauna / Steam Room	Sauna / Steam Room	Detox Dinner



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WEEK 3								
	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21	
6.45 AM	6.45am Beach Bootcamp			6.45am 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	7.30am Enema (10)	7.30am Aerial Yoga	7.30am Aerial Yoga	7.30 am Aerial Yoga	7.30 am Aerial Yoga	
8.30 AM	Detox Breakfast		Detox Breakfast					
9.00 AM	9.00am Aerial Yoga	9.00am - 1.30pm Udara Sunday Festival (Yoga, Ecstatic Dance, Sound Healing, Closing Circle)	9am Aerial or Vinyasa Yoga	Detox Breakfast	Detox Breakfast	Detox Breakfast	Detox Breakfast	
9.30 AM				9.30am Enema (11)		9.30am Enema (12)		
10.30 AM			Sauna / Steam Room	10.30am Qi Gong	11am Departure for 11.30am Colonic Hydrotheraphy	10.30 am Quantum Breathwork	11.00 am Closing Circle	
11.00 AM	11am Departure for 11.30am Colonic Hydrotheraphy			12pm Nutrition and Lifestyle Talk				
12.00 PM							Break the Fast Plate & Check-out	
1.00 PM			Detox Lunch	Detox Lunch	Detox Lunch	Detox Lunch		
2.00 PM	Detox Lunch	Detox Lunch	Visit to traditional Balinese Healer	2pm Balinese Massage	2pm Lymphatic Massage	2pm Balinese Massage		
3.00 PM	2.30pm Private Water Healing							
3.45 PM	Green Break Juice	Green Break Juice			Green Break Juice	Green Break Juice	Green Break Juice	
4.00 PM	4pm Gentle Flow	4pm Balinese Lulur (scrub)			Sauna / Steam Room	Excursion to Tanah Lot Temple	Sauna / Steam Room	
5.30 PM		Sauna / Steam Room		Detox Dinner			5.30pm 90min Hyperbaric Oxygen Chamber	
6.00 PM	6pm Yin Yoga & Sound	6pm Yin Yoga & Sound	6pm Yin Yoga & Sound	SPECIAL EVENT				
7.00 PM								
7.30 PM	Detox Dinner	Detox Dinner	Detox Dinner			Detox Dinner	Detox Dinner	
8.00 PM	Sauna / Steam Room				Sauna / Steam Room			

Free access to Sauna and Steam Room, Warm Pool, Jacuzzi, Ice Bath Room, Meditation Cave, Special Events on Tuesday and Friday nights & Udara Sunday Festival, bicycles to explore the local area

Note: This is a sample schedule. Individual timings might be different during your program