





WEEK 1

	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	7.30am Aerial Yoga	Get your coconut	7.30am Enema (4)	7.30am Enema (5)
8.30 AM			8.30am Enema Intro	7.30am Acriai Toga	Detox Breakfast		Detox Breakfast
9.00 AM				Detox Breakfast	9am Aerial Yoga or Vinyasa	Detox Breakfast	9am Vinyasa Breathwork
9.30 AM		9.00am - 1.30pm Udara Sunday	Detox Breakfast	9.30am Enema (2)			Jam vinyasa breatiiwork
10.30 AM		Festival (Yoga, Ecstatic Dance,	10.30am Hatha			10.30am Quantum Breathwork	10.30am Qi Gong
11.00 AM		Sound Healing, Celebration of	10.30411114114	Sauna / Steam Room			
12.00 PM		Life)	Sauna / Steam Room		12pm Enema (3)	Detox Lunch	Sauna / Steam Room
1.00 PM			Detox Lunch	Detox Lunch	Detox Lunch	1pm Jamu Making Class	Detox Lunch
2.00 PM	Check-in	Detox Lunch	2pm Floating Sound Meditation	2pm Offering Workshop	2pm Reiki	2pm Balinese Massage	2pm Private Consultation
3.00 PM	Jame Opening Circle and	Sauna / Steam Room	2 pm r roating 30 and intentation				Sauna / Steam Room
3.45 PM	3pm Opening Circle and Introduction &	Green Break Juice	Green Break Juice	Green Break Juice	Green Break Juice	Green Break Juice	Green Break Juice
4.00 PM	Green Break Juice	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	F 30mm Aprial Vaga as C 00mm			Detox Dinner		F 30 and 00 and a University Original	Detox Dinner
6.00 PM	Light Welcome Dinner	6pm Yin Yoga & Sound	6pm Yin Yoga & Sound	SPECIAL EVENT	6pm Crown Chakra Treatment	5.30pm 90min Hyperbaric Oxygen Chamber	
7.00 PM		opin ini roga & sound			Detox Dinner		SPECIAL EVENT
7.30 PM		Detox Dinner	Detox Dinner		Detox Dinner	Detox Dinner	
8.00 PM			Sauna / Steam Room		Sauna / Steam Room	Sauna / Steam Room	







WFFK 2

	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			7.30am Aeriai Toga	7.30aiii Aeriai Toga			Detox Breakfast
9.00 AM	9am Vinyasa	Detox Breakfast	Detox Breakfast	Detox Breakfast	eakfast Detox Breakfast	Detox Breakfast	9am Vinyasa Breathwork
9.30 AM	Jaili Villyasa						
10.30 AM	11.00am Departure for 11.30am	9.00am - 1.30pm Udara Sunday	Sauna / Steam Room	Sauna / Steam Room		10.30am Quantum Breathwork	Sauna / Steam Room
11.00 AM		Oam Departure for 11.30am Festival (Yoga, Ecstatic Dance, Sound Healing, Closing Circle)			Excursion to sacred Water Temple (Detox Lunch take away)	10.50am Quantum Breathwork	Sauria / Stearii Room
12.00 PM	Colonic Hydrotheraphy		12pm Enema (6)	12.00pm Enema (7)		12.00pm Enema (8)	12.00pm Enema (9)
1.00 PM	Detox Lunch		Detox Lunch	Detox Lunch		Detox Lunch	Detox Lunch
2.00 PM	2pm Balinese Massage	Detox Lunch	2pm Foot Massage	2.00.2.20		2pm Lymphatic Massage	
3.00 PM		Sauna / Steam Room		2.00-3.30pm 90min Hyperbaric Oxygen Chamber			
3.45 PM	Green Break Juice	Green Break Juice	Green Break Juice	Oxygen Chamber		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			
6.00 PM	6pm Yin Yoga & Sound	6pm Yin Yoga & Sound Detox Dinner Detox Dinner Detox Dinner	Fam Vin Voga ^Q Sound		6pm Balinese Massage	6pm Yin Yoga & Sound	SPECIAL EVENT
7.00 PM			SPECIAL EVENT	Detox Dinner	opin ini ioga & sound	SF LCIAL EVENT	
7.30 PM	Detox Dinner		Detox Dinner	SPECIAL EVENT	Detox D	Detox Dinner	
8.00 PM	Sauna / Steam Room				Sauna / Steam Room	am Room Sauna / Steam Room	Detox Dinner







WEEK 3

	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			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 7.30am Aerial Yoga	7 30am Aerial Yoga	9.30am Enema (13)
8.30 AM	Detox Breakfast		Detox Breakfast	7.30am Acriai Toga		7.30am Aeriai Toga	Detox Breakfast
9.00 AM	9.00am Aerial Yoga		9am Aerial Yoga	Detox Breakfast	Detox Breakfast	Detox Breakfast	9am Gentle Flow or Aerial Yoga
9.30 AM	5.00am Acriai Toga		Jani Acriai Toga	9.30am Enema (11)			
10.30 AM		9.00am - 1.30pm Udara Sunday	40.30 43 00 15 11	10.30am Qi Gong	10.30am Gentle Flow	10.30am Quantum Breathwork	
11.00 AM	11.00am Departure for 11.30am	Festival (Yoga, Ecstatic Dance,	10.30am-12pm 90min Hyperbaric Oxygen Chamber	10.50am Qi Gong	10.50am Gentie How	10.50am Quantum Breathwork	
12.00 PM	Colonic Hydrotheraphy	Sound Healing, Closing Circle)	Oxygen Chamber			12 pm Enema (12)	12 pm Priate Water Massage Treatment
1.00 PM	Detox Lunch		Detox Lunch	Detox Lunch	Detox Lunch	Detox Lunch	Detox Lunch
2.00 PM	2pm Private Sound healing	Detox Lunch	2pm Balinese Massage	2pm Lymphatic Massage	2pm Balinese Massage		Sauna / Steam Room
3.00 PM							
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	4pm Balinese Boreh (scrub)	Sauna / Steam Room	Sauna / Steam Room	4pm Happy Healing Flow	Visit to traditional Balinese Healer	4pm Hatha or Water Yoga
5.30 PM		Sauna / Steam Room		Detox Dinner			
6.00 PM	6pm Yin Yoga & Sound	Dinner Detox Dinner Detox Dinner	6 nm Vin Voga & Sound 6 nm Vin Voga & Sound			Detox Dinner Sauna / Steam Room	SPECIAL EVENT
7.00 PM	opin fin foga & Sound		opin ini roga & sound	SPECIAL EVENT			
7.30 PM	Detox Dinner		Detox Dinner	SPECIAL EVENT	Detox Dinner		Detox Dinner
8.00 PM	Sauna / Steam Room				Sauna / Steam Room		







WEEK 4

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
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 (14)	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	7.30aiii Aerrai Toga	7.50dili Aeriai foga	7.50 dili Aeridi fogd	7.50 am Aeriai Yoga
9.00 AM	9.00am Aerial Yoga		9am Aerial or Vinyasa Yoga	Detox Breakfast	Detox Breakfast	Detox Breakfast	Detox Breakfast
9.30 AM	5.00am Aeriai Toga		Jani Achai Or Vinyasa Toga	9.30am Enema (15)		9.30am Enema (16)	
10.30 AM		9.00am - 1.30pm Udara Sunday		10.30am Qi Gong 12pm Nutrition and Lifestyle Talk	11am Departure for 11.30am Colonic Hydrotheraphy	10.30 am Quantum Breathwork	11.00 am Closing Circle
11.00 AM							
12.00 PM	11am Departure for 11.30am Colonic Hydrotheraphy						Break the Fast Plate & Check-out
1.00 PM	colonic riyarotherapity		Detox Lunch	Detox Lunch	Detox Lunch	Detox Lunch	
2.00 PM	Detox Lunch	Detox Lunch	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	Green Break Juice	
4.00 PM	4pm Gentle Flow	4pm Balinese Lulur (scrub)	Sauna / Steam Room	Sauna / Steam Room	. Excursion to Tanah Lot Temple	Sauna / Steam Room	
5.30 PM		Sauna / Steam Room		Detox Dinner		5 20mm 00min Humanharia Ouuran	
6.00 PM	6pm Yin Yoga & Sound	and Som Vin Voga ⁹ . Sound	6pm Yin Yoga & Sound 6pm Yin Yoga & Sound			5.30pm 90min Hyperbaric Oxygen Chamber	
7.00 PM		opin ini roga & sound		SPECIAL EVENT		Charibei	
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