



UDARABALI
YOGA DETOX SPA



Sample Schedule 5 Days Revitalizing Detox

	Saturday	Sunday	Monday	Tuesday	Wednesday
	Day 1	Day 2	Day 3	Day 4	Day 5
6.45 AM				6.45am Morning Meditation	
7.15 AM		Get your coconut	Get your coconut	Get your coconut	Get your coconut
7.30 AM		Detox Breakfast		7.30am Enema (2)	7.30am Enema (3)
8.30 AM			8.30am Enema Intro		Detox Breakfast
9.00 AM		9.00am - 1.30pm Udara Sunday Festival (Yoga, Ecstatic Dance, Sound Healing, Celebration of Life)	Detox Breakfast	Detox Breakfast	
10.00 AM					9.30am Final Feedback
10.30 AM			10.30am Hatha	10.30am Qi Gong	9am Vinyasa Breathwork
11.00 AM			12pm Lymphatic Massage	12pm Health & Nutritional Talk	'Break-the-fast' plate and Check-out
12.00 PM		Detox Lunch	Detox Lunch	Detox Lunch	
1.00 PM					
2.00 PM	Check-in	Detox Lunch	2pm Floating Sound Meditation	2pm Offering Workshop	
3.00 PM	3pm Opening Circle and Introduction Green Break Juice	Sauna / Steam Room		Sauna / Steam Room	
3.45 PM		Green Break Juice	Green Break Juice	Green Break Juice	
4.00 PM		4pm Balinese Massage	4pm Pilates or Aerial Yoga	4pm Balinese Massage	
5.30 PM			Sauna / Steam Room	Detox Dinner	
6.00 PM	5.30pm Aerial Yoga or 6.00pm Yin Yoga & Sound	6pm Yin Yoga & Sound	6pm Yin Yoga & Sound	SPECIAL EVENT	
7.00 PM					
7.30 PM	Light Welcome Dinner	Detox Dinner	Detox Dinner		
8.00 PM	Sauna / Steam Room				

Free access to Sauna and Steam Room, Warm & Cold Pools & Ice Bath, Udara Sunday Festival, Special Events on Tuesday, bicycles to explore the local area

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