



UDARABALI
YOGA DETOX SPA



Sample Schedule 7 Days Revitalizing Detox

	Saturday Day 1	Sunday Day 2	Monday Day 3	Tuesday Day 4	Wednesday Day 5	Thursday Day 6	Friday 22. Sep 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	Get your coconut	Get your coconut
7.30 AM		Detox Breakfast		7.30am Enema (2)	Detox Breakfast	7.30am Enema (3)	7.30am Enema (4)
8.30 AM			8.30am Enema Intro			Detox Breakfast	Detox Breakfast
9.00 AM		9.00am - 1.30pm Udara Sunday Festival (Yoga, Ecstatic Dance, Sound Healing, Celebration of Life)	Detox Breakfast	Detox Breakfast	9am Vinyasa or Aerial Yoga	9am Vinyasa or Aerial Yoga	9am Vinyasa Breathwork
10.00 AM							
10.30 AM			10.30am Hatha	10.30am Qi Gong			
11.00 AM							11am Final Feedback
12.00 PM				12pm Health & Nutritional Talk	11am - 3pm Departure for Excursion to Water purification ritual at a sacred temple (lunch takeaway)	Sauna / Steam Room	'Break-the-fast' plate and Check-out
1.00 PM		Detox Lunch	Detox Lunch			Detox Lunch	
2.00 PM	Check-in	Detox Lunch	2pm Floating Sound Meditation	2pm Offering Workshop		1 pm Jamu making class	
3.00 PM	3pm Opening Circle and Introduction Green Break Juice	Sauna / Steam Room	Sauna / Steam Room	Sauna / Steam Room	2 pm Balinese Lulur (Body Scrub)	Green Break Juice	
3.45 PM		Green Break Juice	Green Break Juice	Green Break Juice		Green Break Juice	
4.00 PM		4pm Balinese Massage	4pm Pilates or Aerial Yoga	4pm Lymphatic Massage	4pm Happy Healing Flow	4pm Hatha or Aerial Yoga	
5.30 PM			Sauna / Steam Room	Detox Dinner	Sauna / Steam Room	Sauna / Steam Room	
6.00 PM	5.30pm Aerial Yoga or 6.00pm Yin Yoga & Sound	6pm Yin Yoga & Sound	6pm Yin Yoga & Sound	SPECIAL EVENT	6pm Balinese Massage	6pm Yin Yoga & Sound	
7.00 PM					Sauna / Steam Room		
7.30 PM	Light Welcome Dinner	Detox Dinner	Detox 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