



**Sample Schedule 7 Days Energy Upgrade Package**

	Saturday Day 1	Sunday Day 2	Monday Day 3	Tuesday Day 4	Wednesday Day 5	Thursday Day 6	Friday Day 7
6:45 AM				6.45am Morning Meditation			6.45am Morning Meditation
7:15 AM							
7:30 AM		Breakfast		7.30am Aerial Yoga		7.30am Aerial Yoga	Breakfast
8:00 AM		Sauna / Steam Room	7.45 Vocal Sound Healing		7.45 Vocal Sound Healing		8am 90 Minutes Hyperbaric Oxygen Chamber Treatment
8:30 AM							
9:00 AM			Breakfast	Breakfast	Breakfast	Breakfast	Sauna / Steam Room
10:00 AM		9.00am - 1.30pm Udara Sunday Festival (Yoga, Ecstatic Dance, Sound Healing, Celebration of Life)	10am 90 Minutes Hyperbaric Oxygen Chamber Treatment	10am 90 Minutes Hyperbaric Oxygen Chamber Treatment		10am 90 Minutes Hyperbaric Oxygen Chamber Treatment	11am Final Feedback
10:30 AM					10.30 am Gentle Flow		
11:00 AM							
12:00 PM				Sauna / Steam Room	12pm Balinese Massage	Sauna / Steam Room	12pm Check-out
1:00 PM			12-2pm Sound Healing Journey		Lunch	12.30 pm Balinese Massage	
1:30 PM		Lunch		Lunch		Lunch	
2:00 PM	2pm Check In		Lunch				
3:00 PM	3pm Introduction	2.30pm 60 min Balinese Massage	Sauna / Steam Room	2.30 pm Myofascial & Yin	2pm 90 Minutes Hyperbaric Oxygen Chamber Treatment	2.30pm Reiki	
3:45 PM							
4:00 PM	4pm Balinese Massage	4pm 90 Minutes Hyperbaric Oxygen Chamber Treatment	4pm Balinese Massage	4pm Water Yoga	4pm Happy Healing Flow	4pm Hatha or Aerial Yoga	
5:30 PM	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea	
6:00 PM		5.30pm Sound Healing Journey or 6pm Yin Yoga & Sound	5.30pm Aerial Yoga or 6pm Yin Yoga & Sound	6pm Balinese Massage	6-8 pm Celestial Sound Healing Concert	6pm Yin Yoga & Sound	
7:00 PM	6pm Yin Yoga & Sound						
7:30 PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
8:00 PM							

Free access to Sauna and Steam Room, Warm & Cold Pools & Ice Bath, Gym, Udara Sunday Festival, Celestial Sound Healing Concert, Bicycles to explore the local area

Notes: This is a sample schedule. Individual timings might be different during your program; Start on any day of the week, minimum stay of 3 nights