



Sample Schedule 14 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 | 7.30am Aerial Yoga | 7.45am Vocal Healing | 7.30am Enema (4) | 7.30am Enema (5) |
| 8:30 AM | | | 8.30am Enema Intro | | | | |
| 9:00 AM | | 9.00am - 2.00pm Udana Sunday Festival (Yoga, Ecstatic Dance, Sound Healing, Celebration of Life) | | Detox Breakfast | Detox Breakfast | Detox Breakfast | 9am Vinyasa Breathwork |
| 9:30 AM | | | Detox Breakfast | 9.30am Enema (2) | | | |
| 10:30 AM | | | 10.30am Hatha | | 10.30 Gentle Flow | 10.30am Quantum Breathwork | |
| 11:00 AM | | | | Sauna / Steam Room | | | 11pm Nutritional Consultation |
| 12:00 PM | | | Sauna / Steam Room | | 12pm Enema (3) | Detox Lunch | |
| 1:00 PM | | | Detox Lunch | Detox Lunch | Detox Lunch | | Detox Lunch |
| 2:00 PM | Check-in | Detox Lunch | 2pm Floating Sound Meditation | 2pm Offering Workshop | 2pm Private Reiki Treatment | 2pm Balinese Massage | Visit a traditional Balinese Healer |
| 3:00 PM | 3pm Opening Circle and Introduction & Green Break Juice | 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 Meditative Yoga or Aerial Yoga | 3.30pm Balinese Massage | 4pm Water Yoga or Aerial Yoga | 4pm Happy Healing Flow | 4pm Hatha Yoga | | |
| 5:30 PM | 6pm Celestial Sunset | | | Detox Dinner | | 5.30pm 90min Hyperbaric Oxygen Chamber | Detox Dinner |
| 6:00 PM | | 6pm Yin Yoga & Sound | 6pm Yin Yoga & Sound | 6pm Balinese Boreh | 6pm Celestial Sunset | | 6pm Lymphatic Massage |
| 7:00 PM | | | | Detox Dinner | | | Sauna / Steam Room |
| 7:30 PM | Light Welcome Dinner | Detox Dinner | Detox Dinner | | | Detox Dinner | Detox Dinner |
| 8:00 PM | Sauna / Steam Room | | Sauna / Steam Room | Sauna / Steam Room | Detox Dinner | Sauna / Steam Room | |

| 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 | | | | |
| 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 | | 7.30am Enema (6) | 7.30am Aerial Yoga | 7.30am Aerial Yoga | 7.45am Vocal Healing | 7.30 am Aerial Yoga | 7.30 am Aerial Yoga | |
| 8:30 AM | Detox Breakfast | Detox Breakfast | | | | | | |
| 9:00 AM | 9.00am Aerial or Vinyasa Yoga | 9.00am - 2.00pm Udara Sunday Festival (Yoga, Ecstatic Dance, Sound Healing, Closing Circle) | Excursion to sacred Water Temple (Detox Lunch take away) | Detox Breakfast | Detox Breakfast | Detox Breakfast | Detox Breakfast | |
| 9:30 AM | | | | 9.30am Enema (7) | 9.30am Enema (8) | | | |
| 10:30 AM | | | | | 10.30am Qi Gong | 10.30 Gentle Flow | 10.30 am Quantum Breathwork | 11.00 am Closing Circle |
| 11:00 AM | | | | | | | | |
| 12:00 PM | 12pm Colonic Hydrotherapy | | | 12pm Nutrition and Lifestyle Talk | 12pm Colonic Hydrotherapy | | Break the Fast Plate & Check-out | |
| 1:00 PM | Detox Lunch | | | | Detox Lunch | Detox Lunch | Detox Lunch | |
| 2:00 PM | | Detox Lunch | | | Detox Lunch | Detox Lunch | | |
| 3:00 PM | 2.30pm Private Water Healing | | | 3pm Sound Healing Journey | 2.30pm Water Yoga | 2pm Balinese Massage | | |
| 3:45 PM | Green Break Juice | Green Break Juice | | | | Green Break Juice | | |
| 4:00 PM | 4pm Aerial Yoga | 4pm Balinese Lulur (scrub) | | | 4pm Lymphatic Massage | Sauna / Steam Room | | |
| 5:30 PM | | Sauna / Steam Room | Sauna / Steam Room | | | | | |
| 6:00 PM | 6pm Celestial Sunset | 6pm Yin Yoga & Sound | 6pm Yin Yoga & Sound | 6pm Balinese Massage | 6pm Celestial Sunset | 5.30pm 90min Hyperbaric Oxygen Chamber | | |
| 7:00 PM | | | | | | | | |
| 7:30 PM | | Detox Dinner | Detox Dinner | Detox Dinner | | | Detox Dinner | Detox Dinner |
| 8:00 PM | Detox Dinner | | | | Detox Dinner | | | |
| Free access to Sauna and Steam Room, Warm Pool, Jacuzzi, Ice Bath Room, Meditation Cave, Udara Sunday Festival, Sound Healing Ceremonies, Celestial Sound Healing Concert, Bicycles to explore the local area | | | | | | | | |

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