



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 - 2.00pm 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	
10:30 AM					10.30 am Gentle Flow		11am Final Feedback
11:00 AM				Sauna / Steam Room	12pm Balinese Massage	Sauna / Steam Room	
12:00 PM			12-2pm Sound Healing Journey		Lunch	12.30 pm Balinese Massage	
1:00 PM		Brunch (10.30am-2.30pm)		Lunch		Lunch	
1:30 PM							
2:00 PM	2pm Check In	2.30pm 60 min Balinese Massage	Lunch	2.30 pm Myofascial & Yin	2pm 90 Minutes Hyperbaric Oxygen Chamber Treatment	2.30pm Reiki	
3:00 PM	3pm Indroduction		Sauna / Steam Room				
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	6pm Celestial Sunset	5.30pm Sound Healing Journey or 6pm Yin Yoga & Sound	5.30pm Aerial Yoga or 6pm Yin Yoga & Sound	6pm Balinese Massage	6pm Celestial Sunset	6pm Yin Yoga & Sound	
7:00 PM							
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