



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	9.00am - 2.00pm Udara Sunday Festival (Yoga, Ecstatic Dance, Sound Healing, Celebration of Life)			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			Detox Breakfast	Detox Breakfast	
10:00 AM					9.30am Final Feedback
10:30 AM			10.30am Hatha	10.30am Qi Gong	10.30 Gentle Flow
11:00 AM			12pm Lymphatic Massage	12pm Health & Nutritional Talk	'Break-the-fast' plate and Check-out
12:00 PM			Detox Lunch	Detox Lunch	
1:00 PM		Check-in	Detox Lunch	2pm Floating Sound Meditation	
2:00 PM	3pm Opening Circle and Introduction Green Break Juice	Sauna / Steam Room		Sauna / Steam Room	
3:00 PM		Green Break Juice	Green Break Juice	Green Break Juice	
3:45 PM		4pm Balinese Massage	4pm Pilates or Aerial Yoga	4pm Water or Aerial Yoga	
4:00 PM	5.30pm Aerial Yoga or 6pm Celestial Sound Healing Concert		Sauna / Steam Room		
5:30 PM		5.30 Sound Healing Journey or 6pm Yin Yoga & Sound	6pm Yin Yoga & Sound	6pm Balinese Massage	
6:00 PM					
7:00 PM					
7:30 PM	Light Welcome 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, Celestial Sound Healing Concert, Bicycles to explore the local area					

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