



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 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)	7.45 Vocal Healing	7.30am Enema (3)	7.30am Enema (4)
8:30 AM			8.30am Enema Intro			Detox Breakfast	Detox Breakfast
9:00 AM		9.00am - 2.00pm Udara Sunday Festival (Yoga, Ecstatic Dance, Sound Healing, Celebration of Life)	Detox Breakfast	Detox Breakfast	Detox Breakfast		9am Vinyasa Breathwork
10:00 AM						10am Sound Healing Journey	
10:30 AM			10.30am Hatha	10.30am Qi Gong			
11:00 AM					11am - 3pm Departure for Excursion to Water purification ritual at a sacred temple (lunch takeaway)	Sauna / Steam Room	11am Final Feedback
12:00 PM			12 pm Balinese Massage	12pm Health & Nutritional Talk		Detox Lunch	'Break-the-fast' plate and Check-out
1:00 PM			Detox Lunch	Detox Lunch			
2:00 PM	Check-in	Detox Lunch	2pm Floating Sound Meditation	2pm Offering Workshop		2.30 pm Balinese Lulur (Body Scrub)	
3:00 PM	3pm Opening Circle and Introduction Green Break Juice	Sauna / Steam Room	Sauna / Steam Room	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 Balinese Massage	4pm Pilates or Aerial Yoga	4pm Water or Aerial Yoga	4pm Happy Healing Flow	4pm Hatha or Aerial Yoga	
5:30 PM	5.30 Aerial Yoga or 6pm Celestial Sunset		Sauna / Steam Room		Sauna / Steam Room		
6:00 PM		5.30pm Sound Healing Journey, Aerial Yoga or 6pm Yin & Sound	6pm Yin Yoga & Sound	6pm Lymphatic Massage	6pm Celestial Sunset	6pm Yin Yoga & Sound	
7:00 PM							
7:30 PM	Light Welcome Dinner	Detox 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, Celestial Sound Healing Concert, Bicycles to explore the local area

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