



UDARABALI  
YOGA DETOX SPA



Sample Schedule 5 Days Rejuvenating Cleanse

	Saturday Day 1	Sunday Day 2	Monday Day 3	Tuesday Day 4	Wednesday Day 5
6:45 AM				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		9.00am - 2.00pm Udara Sunday Festival (Yoga, Ecstatic Dance, Sound Healing, Celebration of Life)			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					
2:00 PM	Check-in	Detox Lunch	2pm Floating Sound Meditation	2pm Offering Workshop	
3:00 PM	3pm Opening Circle and Introduction Green Break Juice	Sauna / Steam Room		Sauna / Steam Room	
3:45 PM		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	
5:30 PM	5.30pm Aerial Yoga or 6pm Celestial Sound Healing Concert		Sauna / Steam Room		
6:00 PM		5.30 Sound Healing Journey or 6pm Yin Yoga & Sound	6pm Yin Yoga & Sound	6pm Balinese Massage	
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

- 4 nights accommodation (14.00 check-in, 12.00 check-out)
- Welcome fruit platter and light dinner on arrival day
- Full menu daily detox meals, including fresh organic cold-pressed juices, smoothies and evening soups or Raw Food Dishes
- Daily fresh coconut
- Daily natural supplements
- Unlimited infused water & herbal teas
- Support by our Wellness Coaches
- Opening Circle & Final Feedback
- Free access to more than 10 daily Yoga classes in various styles, including Hatha, Vinyasa, Aerial, Yin, Pilates, Qi Gong and more
- Free access to daily Sound Healing Ceremonies in the Quantum Domes
- Free access to the Udara Sunday Festival and the Celestial Sound Healing Concert
- Sound Meditation, floating in 35 degrees warm water
- 2 Balinese full body oil massages
- 1 Lymphatic Drainage massage
- Health & Nutrition Talk
- Workshop to craft Balinese offering baskets (canang)
- Free access to Sauna, steam room, jacuzzi, warm & cold pools and ice bath
- Free use of the Gym facilities with high-quality equipment for strength building and cardiovascular training
- 3 self-administered enemas
- Udara Health Detox Program Handbook
- Gift Bottle for Infused Water
- One Way Airport Transfer
- Free use of bicycles to explore the area around Seseh
- Laundry Service: We provide laundry service for FREE for our beloved guests
- Break the fast plate on the last day