



UDARABALI
YOGA DETOX SPA

Sample Schedule 14 Days Vitality Reboot Cleanse

WEEK 1						
	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
6:45 AM				6.45am Morning Meditation		
7:15 AM		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)
8:30 AM			8.30am Enema Intro			
9:00 AM		9.00am - 2.00pm Udara Sunday Festival (Yoga, Ecstatic Dance, Sound Healing, Celebration of Life)		Detox Breakfast	Detox Breakfast	Detox Breakfast
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		
12:00 PM			Sauna / Steam Room		12pm Enema (3)	Detox Lunch
1:00 PM		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
3:00 PM		Sauna / Steam Room				
3:45 PM	3pm Opening Circle and Introduction & Green Break Juice	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				Detox Dinner		5.30pm 90min Hyperbaric Oxygen Chamber
6:00 PM	6pm Celestial Sunset	6pm Yin Yoga & Sound	6pm Yin Yoga & Sound	6pm Balinese Boreh	6pm Celestial Sunset	
7:00 PM				Detox Dinner		
7:30 PM	Light Welcome 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	
	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	
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	
7:30 AM		7.30am Enema (6)	7.30am Aerial Yoga	7.30am Aerial Yoga	7.45am Vocal Healing	7.30 am Aerial Yoga	
8:30 AM	Detox Breakfast	Detox Breakfast		Detox Breakfast	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)	9.30am Enema (7)		9.30am Enema (8)	
9:30 AM				10.30am Qi Gong	10.30 Gentle Flow	10.30 am Quantum Breathwork	
10:30 AM					12pm Nutrition and Lifestyle Talk	12pm Colonic Hydrotherapy	
11:00 AM	12pm Colonic Hydrotherapy				Detox Lunch	Detox Lunch	Detox Lunch
12:00 PM	Detox Lunch					2.30pm Water Yoga	2pm Balinese Massage
1:00 PM	Detox Lunch	Detox Lunch		3pm Sound Healing Journey		Green Break Juice	
2:00 PM		Detox Lunch			4pm Lymphatic Massage	Sauna / Steam Room	
3:00 PM	2.30pm Private Water Healing	4pm Balinese Lulur (scrub)					
3:45 PM	Green Break Juice	Green Break Juice					
4:00 PM	4pm Aerial Yoga	Sauna / Steam Room	Sauna / Steam Room			5.30pm 90min Hyperbaric Oxygen Chamber	
5:30 PM		6pm Yin Yoga & Sound	6pm Yin Yoga & Sound	6pm Balinese Massage	6pm Celestial Sunset		
6:00 PM	6pm Celestial Sunset	Detox Dinner	Detox Dinner	Detox Dinner		Detox Dinner	
7:00 PM							
7:30 PM							
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

Inclusions for 14 Days:

- 13 nights accommodation (14.00 check-in, 12.00 check-out)
- Welcome fruit platter & 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
- 1 Private Nutritional Consultation + ongoing Support by our Wellness Coaches
- Opening & Closing Circle
- 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 Concerts
- Sound Meditation, floating in 35 degrees warm water
- 4 Balinese full body oil massages
- 2 Lymphatic Drainage Massages
- 1 Balinese Lulur (Body Scrub with natural, detoxifying ingredients)
- 1 Balinese Boreh (spicy body paste treatment)
- 1 private Reiki treatment
- 1 private Water Healing session
- 2 Hyperbaric Oxygen Chamber Treatments (HBOT) for 90 min each
- Workshop to craft Balinese offering baskets (canang)

Excursion to a sacred Balinese water temple with purification ritual
Visit a traditional Balinese Healer
Health & Nutrition Talk
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
8 self-administered Enemas
2 Colonic Hydrotherapy Treatments
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



	Friday
	Day 7
6:45 AM	6.45am Morning Meditation
7:15 AM	Get your coconut
7:30 AM	7.30am Enema (5)
8:30 AM	Detox Breakfast
9:00 AM	9am Vinyasa Breathwork
9:30 AM	
10:30 AM	
11:00 AM	11pm Nutritional Consultation
12:00 PM	
1:00 PM	Detox Lunch
2:00 PM	Visit a traditional Balinese Healer
3:00 PM	
3:45 PM	
4:00 PM	
5:30 PM	Detox Dinner
6:00 PM	6pm Lymphatic Massage
7:00 PM	Sauna / Steam Room
7:30 PM	Detox Dinner
8:00 PM	

	Friday
	Day 14
6:45 AM	
7:15 AM	Get your coconut
7:30 AM	7.30 am Aerial Yoga
8:30 AM	
9:00 AM	Detox Breakfast
9:30 AM	
10:30 AM	11.00 am Closing Circle
11:00 AM	
12:00 PM	Break the Fast Plate & Check-out
1:00 PM	
2:00 PM	
3:00 PM	
3:45 PM	
4:00 PM	
5:30 PM	
6:00 PM	
7:00 PM	
7:30 PM	
8:00 PM	
Free access	

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