



UDARABALI  
YOGA DETOX SPA



Sample Schedule 21 Days Vitality Reboot Cleanse

WEEK 1							
	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	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
7:30 AM		Detox Breakfast	Get your coconut	7.30am Aerial Yoga	7.45am Vocal Healing	7.30am Enema (4)	7.30am Enema (5)
8:30 AM			8.30am Enema Intro				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	Detox Breakfast
9:30 AM			Detox Breakfast	9.30am Enema (2)			9am Vinyasa Breathwork
10:30 AM			10.30am Hatha		10.30 Gentle Flow	10.30am Quantum Breathwork	10.30am Qi Gong
11:00 AM				Sauna / Steam Room	Sauna / Steam Room		
12:00 PM			Sauna / Steam Room			12pm Enema (3)	Detox Lunch
1:00 PM		Detox Lunch	Detox Lunch	Detox Lunch	Detox Lunch	Detox Lunch	Detox Lunch
2:00 PM	Check-in	Detox Lunch	2pm Floating Sound Meditation	2pm Offering Workshop	2pm Balinese Boreh	2pm Balinese Massage	Green Break Juice
3:00 PM	3pm Opening Circle and Introduction & Green Break Juice	Sauna / Steam Room					3pm Sound Healing Journey
3:45 PM		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	Sauna / Steam Room	4pm Happy Healing Flow	4pm Hatha Yoga	
5:30 PM	6pm Celestial Sunset			5.30pm Aerial Yoga		5.30pm 90min Hyperbaric Oxygen Chamber	6pm Lymphatic Massage
6:00 PM		6pm Yin Yoga & Sound	6pm Yin Yoga & Sound				
7:00 PM					6pm Celestial Sunset		
7:30 PM	Light Welcome Dinner	Detox Dinner	Detox Dinner	Detox Dinner		Detox Dinner	Detox Dinner
8:00 PM	Sauna / Steam Room		Sauna / Steam Room		Detox Dinner	Sauna / Steam Room	

WEEK 2								
	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	
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	Get your coconut	
7:30 AM	Detox Breakfast	Detox Breakfast	7.30am Aerial Yoga	7.30am Aerial Yoga	7.30am Aerial Yoga	7.45am Vocal Healing		
8:30 AM							Detox Breakfast	
9:00 AM	9am Vinyasa	9.00am - 2.00pm Udara Sunday Festival (Yoga, Ecstatic Dance, Sound Healing, Closing Circle)	Detox Breakfast	Detox Breakfast	Detox Breakfast	Detox Breakfast	Detox Breakfast	
9:30 AM			9.30am Enema (6)					9am Vinyasa Breathwork
10:30 AM			Sauna / Steam Room	Sauna / Steam Room	Excursion to sacred Water Temple (Detox Lunch take away)		10.30am Quantum Breathwork	Sauna / Steam Room
11:00 AM								
12:00 PM	12pm Colonic Hydrotherapy			12pm Reiki		12.00pm Enema (7)		12.00pm Enema (8)
1:00 PM	Detox Lunch		Detox Lunch	Detox Lunch			Detox Lunch	Detox Lunch
2:00 PM	2pm Balinese Massage	Detox Lunch	2pm Foot Massage	2.00-3.30pm 90min Hyperbaric Oxygen Chamber		2pm Lymphatic Massage	2pm Private Sound Healing	
3:00 PM		Sauna / Steam Room						
3:45 PM	Green Break Juice	Green Break Juice	Green Break Juice	Green Break Juice		Green Break Juice	Green Break Juice	
4:00 PM	4pm Gentle Flow	4pm Gentle Flow	4pm Pilates	Green Break Juice		4pm Hatha Yoga	4pm Water Yoga	
5:30 PM				5.30pm Aerial Yoga				
6:00 PM	6pm Celestial Sunset	5.30pm Sound Healing Journey	6pm Yin Yoga & Sound		6pm Celestial Sunset	6pm Yin Yoga & Sound	6pm Balinese Massage	
7:00 PM								
7:30 PM	Detox Dinner	Detox Dinner	Detox Dinner	Detox Dinner		Detox Dinner	Detox Dinner	
8:00 PM	Sauna / Steam Room				Detox Dinner	Sauna / Steam Room		

WEEK 3								
	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21	
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	Get your coconut	
7:30 AM		Detox Breakfast	7.30am Enema (10)	7.30am Aerial Yoga	7.45am Vocal Healing	7.30 am Aerial Yoga	7.30 am Aerial Yoga	
8:30 AM	Detox Breakfast		Detox Breakfast					
9:00 AM	9.00am Aerial Yoga	9.00am - 2.00pm Udara Sunday Festival (Yoga, Ecstatic Dance, Sound Healing, Closing Circle)	9am Aerial or Vinyasa Yoga	Detox Breakfast	Detox Breakfast	Detox Breakfast	Detox Breakfast	
9:30 AM				9.30am Enema (11)		9.30am Enema (12)		
10:30 AM					10.30am Qi Gong	10.30 Gentle Flow	10.30 am Quantum Breathwork	11.00 am Closing Circle
11:00 AM				Sauna / Steam Room				
12:00 PM	12pm Colonic Hydrotherapy				12pm Nutrition and Lifestyle Talk	12pm Colonic Hydrotherapy		Break the Fast Plate & Check-out
1:00 PM	Detox Lunch		Detox Lunch	Detox Lunch	Detox Lunch	Detox Lunch		
2:00 PM		Detox Lunch		2pm Balinese Massage	2pm Lymphatic Massage	2pm Balinese Massage		
3:00 PM	2.30pm Private Water Healing		Visit to traditional Balinese Healer					
3:45 PM	Green Break Juice	Green Break Juice			Green Break Juice	Green Break Juice	Green Break Juice	
4:00 PM	4pm Aerial Yoga	4pm Balinese Lulur (scrub)			Sauna / Steam Room	Excursion to Tanah Lot Temple	Sauna / Steam Room	
5:30 PM		Sauna / Steam Room		5.30pm Aerial Yoga			5.30pm 90min Hyperbaric Oxygen Chamber	
6:00 PM	6pm Celestial Sunset	6pm Yin Yoga & Sound	6pm Yin Yoga & Sound					
7:00 PM								
7:30 PM	Detox 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 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 21 Days:

- 20 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
- 6 Balinese full body oil massages
- 3 Lymphatic Drainage Massages
- 1 Balinese Lulur (Body Scrub with natural, detoxifying ingredients)
- 1 Balinese Boreh (spicy body paste treatment)
- 1 Foot Massage
- 1 private Reiki treatment
- 1 private Water Healing session
- 1 private Sound Healing session
- 3 Hyperbaric Oxygen Chamber Treatments (HBOT) for 90 mins each
- Visit a traditional Balinese Healer
- Workshop to craft Balinese offering baskets (canang)
- Excursion to a sacred Balinese water temple with purification ritual
- Visit the famous Tanah Lot Temple
- 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
- 12 self-administered Enemas
- 3 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