



UDARABALI
YOGA DETOX SPA



Sample Schedule 28 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
7:30 AM		Detox Breakfast	Get your coconut		Get your coconut	7.30am Enema (4)	7.30am Enema (5)
8:30 AM			8.30am Enema Intro	7.30am Aerial Yoga	Detox Breakfast		Detox Breakfast
9:00 AM		9.00am - 2.00pm Uudara Sunday Festival (Yoga, Ecstatic Dance, Sound Healing, Celebration of Life)		Detox Breakfast		Detox Breakfast	
9:30 AM			Detox Breakfast	9.30am Enema (2)	9am Aerial Yoga or Vinyasa	Detox Breakfast	9am Vinyasa Breathwork
10:30 AM			10.30am Hatha			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 Reiki	2pm Balinese Massage	2pm Nutritional Consultation
3:00 PM		Sauna / Steam Room					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	Green Break Juice
4:00 PM		3.30pm Balinese Massage	4pm Pilates	4pm Water Yoga or Aerial Yoga	4pm Happy Healing Flow	4pm Hatha Yoga	4pm Lymphatic Massage
5:30 PM							
6:00 PM		6pm Yin Yoga & Sound	6pm Yin Yoga & Sound	6pm Crown Chakra Treatment		5.30pm 90min Hyperbaric Oxygen Chamber	5.30 pm Aerial Yoga
7:00 PM	6pm Celestial Sunset				6pm Celestial Sunset		
7:30 PM		Detox Dinner	Detox Dinner	Detox Dinner		Detox Dinner	Detox Dinner
8:00 PM	Light Welcome Dinner		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	Sauna / Steam Room	
9:30 AM								
10:30 AM			Sauna / Steam Room	Sauna / Steam Room			10.30am Quantum Breathwork	10am Sound Healing Journey
11:00 AM	11am Colonic Hydrotherapy			12pm Enema (6)	12.00pm Enema (7)	Excursion to sacred Water Temple (Detox Lunch take away)	12.00pm Enema (8)	12.00pm Enema (9)
12:00 PM	Detox Lunch			Detox Lunch	Detox Lunch		Detox Lunch	Detox Lunch
1:00 PM	Detox Lunch	Detox Lunch	2pm Foot Massage	2.00-3.30pm 90min Hyperbaric Oxygen Chamber			2pm Lymphatic Massage	
2:00 PM	2pm Balinese Massage	Sauna / Steam Room						
3:00 PM	Green Break Juice	Green Break Juice	Green Break Juice	Green Break Juice			Green Break Juice	Green Break Juice
3:45 PM	4pm Gentle Flow	4pm Gentle Flow	4pm Pilates			4pm Hatha Yoga	4pm Water Yoga	
4:00 PM								
5:30 PM				5.30pm Aerial Yoga	6pm Balinese Massage		5.30 pm Aerial Yoga	
6:00 PM	6pm Celestial Sunset	6pm Yin Yoga & Sound	6pm Yin Yoga & Sound			6pm Yin Yoga & Sound		
7:00 PM				Detox Dinner	Detox Dinner		Detox Dinner	
7:30 PM	Detox Dinner	Detox Dinner	Detox Dinner			Detox Dinner		
8:00 PM	Sauna / Steam Room			Sauna / Steam Room	Sauna / Steam Room	Sauna / Steam Room	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			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	7.30am Aerial Yoga	9.30am Enema (13)	
8:30 AM	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)	9am Aeria or Vinyasa Yoga	Detox Breakfast	Detox Breakfast	Detox Breakfast	9am Gentle Flow or Aerial Yoga	
9:30 AM				9.30am Enema (11)				
10:30 AM			10.30am-12pm 90min Hyperbaric Oxygen Chamber	10.30am Qi Gong	10.30 Gentle Flow	10.30am Quantum Breathwork		
11:00 AM	11am Colonic Hydrotherapy							11am Priage Water Massage Treatment
12:00 PM					12pm Sound Healing Journey	12 pm Enema (12)	Detox Lunch	
1:00 PM	Detox Lunch		Detox Lunch	Detox Lunch		Detox Lunch	1pm Aerial Yin	
2:00 PM	2pm Private Sound healing	Detox Lunch	2pm Balinese Massage	2pm Lymphatic Massage	Detox Lunch	Visit to traditional Balinese Healer		
3:00 PM								
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 Balinese Boreh (scrub)	Sauna / Steam Room	4 pm Aerial Yoga	4pm Happy Healing Flow			4pm Hatha or Water Yoga
5:30 PM		Sauna / Steam Room						
6:00 PM				Sauna / Steam Room	6pm Balinese Massage		Sauna / Steam Room	
7:00 PM	6pm Celestial Sunset	6pm Yin Yoga & Sound	6pm Yin Yoga & Sound	Detox Dinner				
7:30 PM		Detox Dinner	Detox Dinner		Detox Dinner	Detox Dinner	Detox Dinner	
8:00 PM	Detox Dinner				Sauna / Steam Room	Sauna / Steam Room		

WEEK 4							
	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
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 (14)	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 (15)		9.30am Enema (16)	
10:30 AM			Sauna / Steam Room	10.30am Qi Gong	10.30 Gentle Flow	10.30am Quantum Breathwork	11.00 am Closing Circle
11:00 AM	11am Colonic Hydrotherapy			12pm Balinese Massage	12pm Nutrition and Lifestyle Talk	12pm Colonic Hydrotherapy	
12:00 PM	Detox Lunch			Detox Lunch	Detox Lunch	Detox Lunch	Break the Fast Plate & Check-out
1:00 PM							
2:00 PM	2pm Private Water Healing	Detox Lunch		2.30 pm Myofascial Release & Yin	2.30pm Water Yoga	2pm Balinese Massage	
3:00 PM			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 Gentle Flow	4pm Balinese Lulur (scrub)			Sauna / Steam Room	Excursion to Tanah Lot Temple	Sauna / Steam Room
5:30 PM		Sauna / Steam Room	Green Break Juice	5.30pm Aerial Yoga			5.30pm 90min Hyperbaric Oxygen Chamber
6:00 PM	6pm Celestial Sunset	6pm Yin Yoga & Sound	6pm Yin Yoga & Sound	Detox Dinner	Detox Dinner		
7:00 PM		Detox Dinner	Detox Dinner			Detox Dinner	
7:30 PM				Sauna / Steam Room			
8:00 PM	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 28 Days:

27 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
8 Balinese full body oil massages
4 Lymphatic Drainage Massages
1 Balinese Lulur (Body Scrub with natural, detoxifying ingredients)
1 Balinese Boreh (spicy body paste treatment)
1 Foot Massage
1 Crown Chakra Treatment with hair care
1 private Reiki treatment
1 private Water Healing session
1 private Sound Healing session
1 Water massage treatment
4 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
16 self-administered Enemas
4 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

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