



Sample Schedule 14 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	7.30am Aerial Yoga	7.45am Vocal Healing	7.30am Enema (4)	7.30am Enema (5)
8:30 AM			Detox Breakfast				Detox Breakfast
9:00 AM		9.00am - 2.00pm Udaya Sunday Festival (Yoga, Breathwork, Dance, Sound Healing, Celebration of Life)		Detox Breakfast	Detox Breakfast	Detox Breakfast	9am Vinyasa Breathwork
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			11pm Nutritional Consultation
12:00 PM			Sauna / Steam Room		12pm Enema (3)	Detox Lunch	
1:00 PM			Detox Lunch	Detox Lunch	Detox Lunch		Detox Lunch
2:00 PM	Check-in	Detox Lunch	2pm Floating Sound Meditation	2pm Offering Workshop	2pm Private Reiki Treatment	12pm Sound Healing Journey	
3:00 PM	3pm Opening Circle and Introduction & Green Break Juice	Sauna / Steam Room					Visit a traditional Balinese Healer
3:45 PM		Green Break Juice	Green Break Juice	Green Break Juice	Green Break Juice	Green Break Juice	
4:00 PM			3.30pm Balinese Massage	4pm Water Yoga or Aerial Yoga	4pm Happy Healing Flow	4.30pm Body Flexibility	
5:30 PM				Detox Dinner			Detox Dinner
6:00 PM	6pm Celestial Concert	6pm Yin Yoga & Sound	6pm Yin Yoga & Sound	6pm Balinese Boreh	6pm Celestial Concert	5.30pm Balinese Massage	6pm Lymphatic Massage
7:00 PM				Detox Dinner			Sauna / Steam Room
7:30 PM	Light Welcome Dinner	Detox Dinner	Detox Dinner			Detox Dinner	Detox Dinner
8:00 PM	Sauna / Steam Room		Sauna / Steam Room	Sauna / Steam Room	Detox Dinner	Sauna / Steam Room	

	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			
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		7.30am Enema (6)	7.30am Aerial Yoga	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 or Vinyasa Yoga	9.00am - 2.00pm Udara Sunday Festival (Yoga, Breathwork, Dance, Sound Healing, Celebration of Life)	Detox Breakfast	Detox Breakfast	Detox Breakfast	Detox Breakfast	Detox Breakfast
9:30 AM							
10:30 AM							
11:00 AM							
12:00 PM	12pm Colonic Hydrotherapy		Excursion to sacred Water Temple (Detox Lunch take away)	9.30am Enema (7)	9am Colonic Hydrotherapy	9.30am Enema (8)	
1:00 PM				10.30am Qi Gong		10.30 am Quantum Breathwork	11.00 am Closing Circle
1:00 PM	Detox Lunch			12pm Nutrition and Lifestyle Talk			Break the Fast Plate & Check-out
2:00 PM				Detox Lunch			
2:00 PM				Green Break Juice		2pm Balinese Massage	
3:00 PM	2.30pm Private Water Healing						
3:45 PM	Green Break Juice	Green Break Juice	2.30pm Sound Healing Journey		Green Break Juice	Green Break Juice	
4:00 PM	4pm Aerial Yoga	4pm Balinese Lulur (scrub)			4pm Lymphatic Massage	Sauna / Steam Room	
5:30 PM		Sauna / Steam Room		Sauna / Steam Room	Sauna / Steam Room	Sauna / Steam Room	5.30pm Aerial Thai Massage
6:00 PM	6pm Celestial Concert	6pm Yin Yoga & Sound		6pm Yin Yoga & Sound	6pm Balinese Massage	6pm Celestial Concert	
7:00 PM							
7:30 PM		Detox Dinner	Detox Dinner	Detox Dinner	Detox Dinner		
8:00 PM	Detox Dinner				Detox Dinner		

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