



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			Detox Breakfast				Detox Breakfast
9:00 AM		9.00am - 2.00pm Udana Sunday Festival (Yoga, Breathwork, Dance, Sound Healing, Celebration of Life)		Detox Breakfast	Detox Breakfast	Detox Breakfast	9am Vinyasa Breathwork
9:30 AM			9am Enema Intro	9.30am Enema (2)			
10:30 AM			10.30am Hatha		10.30 Gentle Flow	10.30am Quantum Breathwork	10.30am Qi Gong
11:00 AM				Sauna / Steam Room			
12:00 PM			Sauna / Steam Room		12pm Enema (3)	Detox Lunch	12pm Nutritional Consultation
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 Balinese Boreh	2pm Balinese Massage	Green Break Juice
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	2.30pm Sound Healing Journey
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				5.30pm Aerial Yoga		5.30pm Aerial Thai Massage	6pm Lymphatic Massage
6:00 PM	6pm Celestial Concert	6pm Yin Yoga & Sound	6pm Yin Yoga & Sound		6pm Celestial Concert		
7:00 PM							
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								
9:00 AM	9am Vinyasa	9.00am - 2.00pm Udara Sunday Festival (Yoga, Breathwork, Dance, Sound Healing, Celebration of Life)	Detox Breakfast	Detox Breakfast	Detox Breakfast	Detox Breakfast	9am Vinyasa Breathwork	
9:30 AM			9.30am Enema (6)					
10:30 AM	Sauna / Steam Room		Sauna / Steam Room	Sauna / Steam Room		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)	12.00pm Enema (9)	
1:00 PM	Detox Lunch			Detox Lunch	Detox Lunch	Detox Lunch	Detox Lunch	
2:00 PM	2pm Balinese Massage	Detox Lunch	2pm Foot Massage	2.00pm Floating Reiki	Excursion to sacred Water Temple (Detox Lunch take away)	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
4:00 PM	4pm Aerial Yoga	4pm Meditative Yoga	4pm Pilates			Green Break Juice	4pm Hatha Yoga	4pm Water Yoga
5:30 PM				5.30pm Aerial Yoga				
6:00 PM	6pm Celestial Concert	5.30pm Sound Healing Journey	6pm Yin Yoga & Sound				6pm Celestial Concert	6pm Yin Yoga & Sound
7:00 PM								
7:30 PM						Detox Dinner		Detox Dinner
8:00 PM	Detox Dinner	Detox Dinner				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, Breathwork, Dance, Sound Healing, Celebration of Life)	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	12pm Balinese Massage	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		
3:00 PM	2.30pm Private Water Healing		Visit to traditional Balinese Healer			2.30pm Sound Healing Journey	
3:45 PM	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		
5:30 PM		Sauna / Steam Room		5.30pm Aerial Yoga		5.30pm Body Flexibility	
6:00 PM	6pm Celestial Concert	6pm Yin Yoga & Sound	6pm Yin Yoga & Sound				
7:00 PM							
7:30 PM		Detox Dinner	Detox Dinner	Detox Dinner	Detox Dinner	Detox Dinner	
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