



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	7.30am Aerial Yoga	Get your coconut	7.30am Enema (4)	7.30am Enema (5)
8:30 AM			Detox Breakfast		Detox Breakfast		Detox Breakfast
9:00 AM		9.00am - 2.00pm Udara Sunday Festival (Yoga, Breathwork, Dance, Sound Healing, Celebration of Life)		Detox Breakfast	9am Aerial Yoga or Vinyasa	Detox Breakfast	9am Vinyasa Breathwork
9:30 AM			9am Enema Intro	9.30am Enema (2)			
10:30 AM			10.30am Hatha			10.30am Quantum Breathwork	10.30am Qi Gong
11:00 AM				10am Sound Healing Journey			
12:00 PM			Sauna / Steam Room		12pm Enema (3)	Detox Lunch	Sauna / Steam Room
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 Reiki	2pm Balinese Massage	2pm Nutritional Consultation
3:00 PM	3pm Opening Circle and Introduction & Green Break Juice	Sauna / Steam Room					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		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 Celestial Concert	6pm Yin Yoga & Sound	6pm Yin Yoga & Sound	6pm Crown Chakra Treatment	6pm Celestial Concert	5.30pm Body Flexibility	5.30 pm Aerial Yoga
7:00 PM							
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							
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	9.30am Sound Healing Journey
9:30 AM			10am Enema (6)				
10:30 AM	Sauna / Steam Room		Sauna / Steam Room	Excursion to sacred Water Temple (Detox Lunch take away)	10.30am Quantum Breathwork		
11:00 AM	11am Colonic Hydrotherapy						
12:00 PM			12pm Foot Massage		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	2.30pm Sound Healing Journey		2.00pm Aerial Thai Massage	2pm Lymphatic Massage	
3:00 PM		Sauna / Steam Room					
3:45 PM	Green Break Juice	Green Break Juice				Green Break Juice	Green Break Juice
4:00 PM	4pm Aerial Yoga	4pm Meditative Yoga			Green Break Juice	4pm Hatha Yoga	4pm Water Yoga
5:30 PM			Green Break Juice	5.30pm Aerial Yoga			5.30 pm Aerial Yoga
6:00 PM	6pm Celestial Concert	6pm Yin Yoga & Sound	6pm Yin Yoga & Sound		6pm Balinese Massage	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, Breathwork, Dance, Sound Healing, Celebration of Life)	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 Qi Gong	10.30 Gentle Flow	10.30am Quantum Breathwork	
11:00 AM	11am Colonic Hydrotheraphy		11am Floating Reiki				11am Private 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			2.30 pm Sound Healing Journey				
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 Aerial Yoga	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	6pm Celestial Concert	6pm Yin Yoga & Sound	6pm Yin Yoga & Sound	Sauna / Steam Room	6pm Balinese Massage		Sauna / Steam Room
7:00 PM				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	

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28

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