

10 Day Rejuvenation Program

Sample Schedule



Day	Time of Appointment	Appointment / Activity	Further Information			
1	09:00 am	Consultation	Treatment Description TC = Treatment Combination; to be confirmed after the initial consultation.			
	02:00 pm	TC				
2	04:00 pm	TC				
3	04:00 pm	TC				
4	04:00 pm	TC				
5	10:00 am	TC				
6	10:00 am	TC				
7	10:00 am	TC				
8	10:00 am	TC				
9	10:00 am	TC				
10	09:00 am	Follow-up Consultation	Complementary Activities All activities listed here are part of your Program. Please attend all activities.			
	10:00 am	TC				
Other Treatments / Activities Here a brief selection of treatments & activities that can be booked separately:						
Lymphatic Drainage	US\$ 40	Yoga Classes			Daily 07:00 – 08:15 am Hatha Yoga Daily 08:30 – 09:30 am Restorative Yoga	
Ear Candle	US\$ 15					
Eye Treatment	US\$ 30	Yoga Nidra			Tue & Thu 6:45 pm – 7:30 pm	
Kati Basti	US\$ 30	Meditation / Taiji / Qi Gong			Mon, Wed & Fri 6:45 pm – 7:30 pm	
Full Nasya	US\$ 20					
Coaching	US\$ 200	Herb Walk			Tue 4:00 pm	
Marma Therapy	US\$ 90	Ayurvedic Talk			Thu 12:00 – 1:00 pm	
Theta Healing	US\$ 105	Ayurveda Q&A	Sun 12:00 – 1:00 pm			
Private Yoga	US\$ 100	Cooking Class	Wed (tbc) & Fri 12:00 – 01:30 pm			

Post-Program medications and other Services that are not included in your Program price will be billed separately. Prices quoted here are not inclusive of 12,5% Government Tax and 6% Service Charge.