

21 Day Panchakarma Program

Sample Schedule



AMRTASIDDHI

Day	Time of Appointment	Appointment / Activity	Further Information
1	09:00 am 02:00 pm	Consultation TC	Treatment Description TC = Treatment Combination; to be confirmed after the initial consultation. Sw = swedana (medical steaming) V = Detox protocol
2	04:00 pm	TC	
3	04:00 pm	TC	
4	04:00 pm	TC	
5	04:00 pm	TC	
6	04:00 pm	TC	
7	07:00 am	sw/v	
8	Rest Day		
9	08:00 am 02:00 pm	TC TC	
10	10:00 am	TC	
11	10:00 pm	TC	
12	10:00 pm	TC	
13	02:00 pm	TC	
14	10:00 am	TC	
15	10:00 am	TC	
16	10:00 am	TC	
17	10:00 am	TC	
18	10:00 am	TC	
19	10:00 am	TC	
20	10:00 am	TC	
21	09:00 am 10:00 am	Follow-up Consultation TC	

Other Treatments / Activities		Complementary Activities	
Here a brief selection of treatments & activities that can be booked separately:		All activities listed here are part of your Program. Please attend regularly as they will aid in your treatment process.	
Lymphatic Drainage	US\$ 40	Yoga Classes	Daily 07:00 – 08:15 am Hatha Yoga Daily 08:30 – 09:30 am Restorative Yoga Tue & Thu 6:45 pm – 7:30 pm
Ear Candle	US\$ 15		
Eye Treatment	US\$ 30		
Kati Basti	US\$ 30	Yoga Nidra	Mon, Wed & Fri 6:45 pm – 7:30 pm
Full Nasya	US\$ 20	Meditation / Taiji / Qi Gong	
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.