

8 Day Detox Program

Sample Schedule



Day	Time of Appointment	Appointment / Activity	Further Information	
1	09:00 am	Consultation	Snehapana	Treatment Description TC = Treatment Combination; to be confirmed after the initial consultation. Sw = swedana (medical steaming) V = Detox protocol
	02:00 pm	TC		
2	04:00 pm	TC	Snehapana	
3	04:00 pm	TC	Snehapana	
4	04:00 pm	TC	Snehapana	
5	07:00 am	sw/v	Virecana	
6	10:00 am	TC		
7	02:00 pm	TC		
8	09:00 am	Follow-up Consultation		
	10:00 am	TC		
Other Treatments / Activities Here a brief selection of treatments & activities that can be booked separately:			Complementary Activities All activities listed here are part of your Program. Please attend all activities.	
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	Yoga Nidra	Tue & Thu 6:45 pm – 7:30 pm	
Eye Treatment	US\$ 30		Mon, Wed & Fri 6:45 pm – 7:30 pm	
Kati Basti	US\$ 30	Meditation /		
Full Nasya	US\$ 20	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.

10 Day Detox Program

Sample Schedule



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

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