

# VIVAMAYR ALTAUSSEE

This is a typical day at VIVAMAYR Altaussee.

TIME	ACTIVITY
07:00 – 07:30	VIVAMAYR morning drink as prescribed by your doctor to cleanse the bowels, e.g. laxative drink or Glauber’s salts, sipped slowly at least half an hour before breakfast. Oil pulling: move a teaspoonful of mouth oil around your mouth for 10-15 minutes, so that it comes into intensive contact with the mucous membranes in your mouth – this promotes the elimination of toxins. Dry brushing with massage pad, followed by a shower with alternating cold and warm water.
07:30 – 08:00	Morning exercise for a better start to your day: The VIVAMAYR weekly programme of activities includes “Active awakening”, Good Morning Yoga and Aerial Yoga, as well as Silent Meditation.
07:30 – 09:00	Breakfast as prescribed by your doctor (individually customised and medically prescribed dietary meals according to Modern Mayr Medicine).
08:00 – 12:00	Treatments as specified in your therapy plan.
09:30 – 11:30	Fresh alkaline broth in the lobby supplies the body with valuable minerals and vitamins.
12:00 – 13:30	Lunch as prescribed by your doctor (individually customised and medically prescribed dietary meals according to Modern Mayr Medicine).
13:00 – 17:00	Treatments or relaxation: This is another window for treatments as specified in your therapy plan, or for relaxing as you wish. There is a weekly programme of activities that you can join, including Detox Yoga, Feet Up Yoga, Yoga Nidra, Qi Gong Flowing Meditation, Meridian Stretching and Aqua Gymnastics, as well as cooking classes and guided hiking tours in the local area. The evening lectures cover topics such as “Nutrition” (medical lecture) and “Brain-Gut-Connection” (psychological lecture).
17:30 – 19:00	Dinner as prescribed by your doctor (individually customised and medically prescribed dietary meals according to Modern Mayr Medicine)
21:00	Liver pack and bedtime. A liver pack is a good way to enhance the liver’s detoxifying function and promote a state of deep relaxation. Make sure you get enough sleep to allow your body to recuperate as well as possible.