

VIVAMAYR MARIA WÖRTH

This is a typical day at VIVAMAYR Maria Wörth.

TIME	ACTIVITY
07:00	VIVAMAYR morning drink for colon cleansing, as prescribed by your doctor, for example laxative drink or salts, sipped slowly at least half an hour before breakfast. Oral care – 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.
07:30 – 08:00	Morning exercise – light movement to activate the circulation. The VIVAMAYR weekly programme of activities includes morning activation exercise and yoga.
08:00 – 09:00	Breakfast according to your individual, doctor-prescribed diet.
08:30 – 12:30	Personal therapies: individual medical treatments and therapies according to personal therapy planning.
12:30 – 14:00	Lunch according to your individual, doctor-prescribed diet.
14:00 – 16:00	Personal therapies or relaxation: This is another window for individual medical treatments and therapies, or for relaxing as you wish. There is a weekly programme of activities that you can join, including Aqua Gymnastics, Yoga Walking, Nordic Walking, Fascia Training and cooking classes.
17:00 – 18:00	Free time, or you may wish to attend one of the evening lectures that expand on the philosophy of Modern Mayr Medicine.
18:00 – 19:00	Dinner according to your individual, doctor-prescribed diet.
21:30	Liver wrap and bedtime. A liver wrap is a good way to enhance the liver's detoxifying function and promote a state of deep relaxation. Make sure you get enough restful sleep to allow your body to recuperate as well as possible.