

## REBUILDING DETOX AYURVEDIC PROGRAMME

This is a typical retreat day.

TIME	ACTIVITY
06:30 – 07:00	Early morning journaling: A daily opportunity to record your feelings, observations, questions and overall thoughts as you journey through your programme.
07:00 – 10:00	Breakfast.
10:00 – 11:00	Pinda Sweda Ayurvedic treatment: A comforting therapy in which hot herbal pouches filled with medicinal herbs are applied to the entire body to open channels, to leave the body with improved blood circulation and a feeling of restored vitality.
11:00 – 11:30	Acupuncture treatment for detox.
12:00 – 14:00	Lunch.
14:00 – 17:00	Free time to relax, partake in the resort activities or explore the surroundings within or nearby the resort. The five-day Rebuilding Detox Ayurvedic Programme includes the following local experiences: lagoon tour with kayak ride; fishing with the locals; visit to a local pottery village.
17:00 – 18:00	Group yoga and meditation class: Reconnect with your natural flow through the power of yoga, meditation and stretching.
19:00 – 22:00	Dinner.
21:00 – 23:00	Technology blackout in the evenings: The purpose is to disconnect from the world and immerse in stillness, freeing your mind and creating space for clarity and peace, so that you can benefit from rejuvenating sleep.