

Chiva-Som

This is a typical day on a Detox retreat.

TIME	ACTIVITY
07:00 – 08:00	Tai Chi session
08:00 – 09:00	Breakfast
09:00 -09:25	Stretching session
11:00 – 12:00	Aqua class
12:00 – 12:45	Manual lymphatic drainage massage
13:00 -14:00	Lunch
15:00 – 16:00	Colonic hydrotherapy
16:00 – 18:00	Time to relax, enjoy a-la-carte treatments and group classes
18:00 – 20:00	Dinner