

14 Day Weight Loss Program



AMRTASIDDHI

Sample Schedule

Day	Time of Appointment	Appointment / Activity	Further Information
1	09:00 am	Consultation	Treatment Description TC = Treatment Combination; to be confirmed during the initial consultation. HLS: Special Session to be confirmed during the initial consultation. Sw = swedana (medical steaming) V = Detox protocol L = Lymphatic Drainage
	02:00 pm	TC	
2	08:00 am	TC	
	04:00 pm	L	
3	10:00 am	TC	
	Bed time	Liver flush	
4	10:00 am	TC	
	02:00 pm	HLS 1	
5	04:00 pm	TC	
6	04:00 pm	TC	
7	04:00 pm	TC	
8	04:00 pm	TC	
9	07:00 am	sw/v	
10	10:00 am	TC	
	02:00 pm	HLS 2	
11	10:00 am	TC	
12	10:00 am	TC	
13	10:00 am	TC	
14	09:00 am	Follow-up Consultation	
	10:00 am	TC	
	01:30 pm	TC	

Other Treatments / Activities		Complementary Activities	
Here a brief selection of treatments & activities that can be booked separately:		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 Tue & Thu 6:45 pm – 7:30 pm
Ear Candle	US\$ 15	Yoga Nidra	Mon, Wed & Fri 6:45 pm – 7:30 pm
Eye Treatment	US\$ 30		
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		

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.