

21 Day Weight Loss Program

Template Schedule



Day	Time of Appointment	Appointment / Activity	Further Information
1	09:00 am 02:00 pm	Consultation TC	Treatment Description TC = Treatment Combination; to be confirmed after the initial consultation. HLS : Special Session to be confirmed during the initial consultation. Sw = swedana (medical steaming) V = Detox protocol L = Lymphatic Drainage
2	10:00 am	TC	
3	10:00 am Bed time	TC Liver flush	
4	10:00 am 02:00 pm	TC HLS 1	
5	10:00 am 02:00 pm	TC Lymphatic	
6	02:00 pm	TC	
7	10:00 am 04:00 pm	HLS 2 TC	
8	04:00 pm	TC	
9	04:00 pm	TC	
10	04:00 pm	TC	
11	04:00 pm	TC	
12	07:00 am	sw/v Virecana	
13	Rest Day		
14	10:00 am 02:00 pm	L TC	
15	08:00 am 02:00 pm	TC HLS 3	
16	10:00 am	TC	
17	10:00 am	TC	
18	02:00 pm	TC	
19	10:00 am	TC	
20	10:00 am 01:30 pm	TC TC	
21	09:00 am 10:00 am	Follow-up Consultation 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
Ear Candle	US\$ 15		
Eye Treatment	US\$ 30	Yoga Nidra	Tue & Thu 6:45 pm – 7:30 pm
Kati Basti	US\$ 30	Meditation / Taiji / Qi Gong	Mon, Wed & Fri 6:45 pm – 7:30 pm
Full Nasya	US\$ 20		
Coaching	US\$ 200	Herb Walk	Tue 4:00 pm
Marma Therapy	US\$ 90	Ayurvedic Talk	Thu 12:00 – 1:00 pm
Theta Healing	US\$ 105	Ayurveda Q&A	Sun 12:00 – 1:00 pm
Private Yoga	US\$ 100	Cooking Class	Wed (tbc) & Fri 12:00 – 01:30 pm

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.