

# 28 Day Panchakarma Program

## Sample Schedule



Day	Time of Appointment	Appointment / Activity		Further Information
1	09:00 am 02:00 pm	Consultation TC	Juicing	<b>Treatment Description</b> <b>TC</b> = Treatment Combination; to be confirmed after the initial consultation. <b>HLS:</b> Special Session to be confirmed during the initial consultation. <b>Sw</b> = swedana (medical steaming) <b>V</b> = Detox protocol
2	10:00 am	TC	Juicing	
3	10:00 am Bed time	TC Liver flush	Juicing	
4	02:00 pm	TC		
5	10:00 am 02:00 pm	TC HLS 1		
6	04:00 pm	TC	Snehapana	
7	04:00 pm	TC	Snehapana	
8	04:00 pm	TC	Snehapana	
9	04:00 pm	TC	Snehapana	
10	04:00 pm	TC	Snehapana	
11	04:00 pm	TC	Snehapana	
12	07:00 am	sw/v	Virecana	
13	<b>Rest Day</b>			
14	08:00 am 10:00 am 02:00 pm	TC HLS 2 TC		
15	08:00 am	TC		
16	10:00 am	TC		
17	10:00 am	TC		
18	10:00 am	TC		
19	08:00 am	TC		
20	10:00 am	TC		
21	10:00 am	TC		
22	02:00 pm	TC		
23	10:00 am	TC		
24	10:00 am	TC		
25	10:00 am	TC		
26	10:00 am	TC		
27	10:00 am	TC		
28	09:00 am 10:00 am	Follow-up Consultation TC		

<b>Other Treatments / Activities</b> Here a brief selection of treatments & activities that can be booked separately:		<b>Complementary Activities</b> All activities listed here are part of your Program. Please attend all activities.	
<b>Lymphatic Drainage</b>	US\$ 40	Yoga Classes	Daily 07:00 – 08:15 am Hatha Yoga Daily 08:30 – 09:30 am Restorative Yoga
<b>Ear Candle</b>	US\$ 15		
<b>Eye Treatment</b>	US\$ 30	Yoga Nidra	Tue & Thu 6:45 pm – 7:30 pm
<b>Kati Basti</b>	US\$ 30	Meditation / Taiji / Qi Gong	Mon, Wed & Fri 6:45 pm – 7:30 pm
<b>Full Nasya</b>	US\$ 20		
<b>Coaching</b>	US\$ 200	Herb Walk	Tue 4:00 pm
<b>Marma Therapy</b>	US\$ 90	Ayurvedic Talk Ayurveda Q&A	Thu 12:00 – 1:00 pm Sun 12:00 – 1:00 pm
<b>Theta Healing</b>	US\$ 105		
<b>Private Yoga</b>	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.*