

7 Day Rejuvenation Program

Sample Schedule



AMRTASIDDHI

Day	Time of Appointment	Appointment / Activity	Further Information	
1	09:00 am	Consultation	Treatment Description TC = Treatment Combination; to be confirmed after the initial consultation.	
	10:00 am	TC		
2	10:00 am	TC		
3	10:00 am	TC		
4	10:00 am	TC		
5	10:00 am	TC		
6	10:00 am	TC		
7	09:00 am	Follow-up Consultation		
	10:00 am	TC		
Other Treatments / Activities Here a brief selection of treatments & activities that can be booked separately:			Complementary Activities 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	Yoga Nidra	Tue & Thu 6:45 pm – 7:30 pm	
Eye Treatment	US\$ 30		Mon, Wed & Fri 6:45 pm – 7:30 pm	
Kati Basti	US\$ 30	Meditation / Taiji / Qi Gong	Tue 4:00 pm	
Full Nasya	US\$ 20	Herb Walk	Thu 12:00 – 1:00 pm	
Coaching	US\$ 200	Ayurvedic Talk	Sun 12:00 – 1:00 pm	
Marma Therapy	US\$ 90	Ayurveda Q&A	Wed (tbc) & Fri 12:00 – 01:30 pm	
Theta Healing	US\$ 105	Cooking Class		
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.