

12 Day Panchakarma Program

Sample Schedule



Day	Time of Appointment	Appointment / Activity	Further Information
1	09:00 am 02:00 pm	Consultation TC	TC = Treatment Combination; to be confirmed after the initial consultation. Snehapana = Detox part of program Sw = swedana (medical steaming) V = Detox protocol
2	04:00 pm	TC	
3	04:00 pm	TC	
4	04:00 pm	TC	
5	04:00 pm	TC	
6	04:00 pm	TC	
7	07:00 am	sw/v Virecana	
8	02:00 pm	TC	
9	10:00 am	TC	
10	10:00 am	TC	
11	10:00 am	TC	
12	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		Yoga	Daily 07:00 – 08:15 am: Hatha Yoga
Ear Candle			Daily 08:15 – 09:15 am: Restorative
Eye Treatment		Yoga Nidra	Tue & Thu 06:45 pm – 07:30 pm
Kati Basti		Meditation	Mon, Wed & Fri 06:45 pm – 07:30 pm
Full Nasya		Herb Walk	Sat 04:00 pm
Coaching		Ayurveda Talk	Thu 12:15 pm – 01:15 pm
Marma Therapy		Ayurveda Q&A	Mon 12:15 pm – 01:15 pm
Theta Healing		Cooking Class	Tue 12:15 pm – 01:15 pm
Private Yoga		Fridays with Frank	Fri 12:15 – 01:15 pm

Post-program medications and other services that are not included in your program price will be billed separately.