

14 Day Weight Loss Program



AMRTASIDDHI

Sample Schedule

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