

# 21 Day Panchakarma Program

## Sample Schedule



**AMRTASIDDHI**

Day	Time of Appointment	Appointment / Activity	Further Information
1	09:00 am 02:00 pm	Consultation TC	<b>TC</b> = Treatment Combination; to be confirmed after the initial consultation. <b>Snehapana</b> = Detox part of program <b>Sw</b> = swedana (medical steaming) <b>V</b> = 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	<b>Rest Day</b>		
9	08:00 am 02:00 pm	TC TC	
10	10:00 am	TC	
11	10:00 pm	TC	
12	10:00 pm	TC	
13	02:00 pm	TC	
14	10:00 am	TC	
15	10:00 am	TC	
16	10:00 am	TC	
17	10:00 am	TC	
18	10:00 am	TC	
19	10:00 am	TC	
20	10:00 am	TC	
21	09:00 am	Follow-up Consultation	
	10:00 am	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 regularly as they will aid in your treatment process.	
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.*