

# 21 Day Weight Loss Program

## Template Schedule



Day	Time of Appointment	Appointment / Activity	Further Information
1	09:00 am 02:00 pm	Consultation TC	<b>Juicing</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>Snehapana</b> = Detox part of program <b>Sw</b> = swedana (medical steaming) <b>V</b> = Detox protocol <b>L</b> = Lymphatic Drainage
2	10:00 am	TC	
3	10:00 am Bed time	TC Liver flush	
4	10:00 am 02:00 pm	TC HLS 1	
5	10:00 am 02:00 pm	TC Lymphatic	
6	02:00 pm	TC	
7	10:00 am 04:00 pm	HLS 2 TC	
8	04:00 pm	TC	
9	04:00 pm	TC	
10	04:00 pm	TC	
11	04:00 pm	TC	
12	07:00 am	sw/v Virecana	
13	<b>Rest Day</b>		
14	10:00 am 02:00 pm	L TC	
15	08:00 am 02:00 pm	TC HLS 3	
16	10:00 am	TC	
17	10:00 am	TC	
18	02:00 pm	TC	
19	10:00 am	TC	
20	10:00 am 01:30 pm	TC TC	
21	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> <b>Ear Candle</b> <b>Eye Treatment</b> <b>Kati Basti</b> <b>Full Nasya</b> <b>Coaching</b> <b>Marma Therapy</b> <b>Theta Healing</b> <b>Private Yoga</b>	Yoga	Daily 07:00 – 08:15 am: Hatha Yoga Daily 08:15 – 09:15 am: Restorative
	Yoga Nidra	Tue & Thu 06:45 pm – 07:30 pm
	Meditation	Mon, Wed & Fri 06:45 pm – 07:30 pm
	Herb Walk	Sat 04:00 pm
	Ayurveda Talk	Thu 12:15 pm – 01:15 pm
	Ayurveda Q&A	Mon 12:15 pm – 01:15 pm
	Cooking Class	Tue 12:15 pm – 01:15 pm
	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.*