

# 28 Day Panchakarma Program

## Sample Schedule



Day	Time of Appointment	Appointment / Activity		Further Information
1	09:00 am 02:00 pm	Consultation TC	Juicing	<b>TC</b> = Treatment Combination; to be confirmed after the initial consultation. <b>HLS:</b> Special Session to be confirmed during the initial consultation.
2	10:00 am	TC	Juicing	
3	10:00 am Bed time	TC Liver flush	Juicing	
4	02:00 pm	TC		<b>Snehapana</b> = Detox part of program <b>Sw</b> = swedana (medical steaming) <b>V</b> = Detox protocol
5	10:00 am 02:00 pm	TC HLS 1		
6	04:00 pm	TC	Snehapana	
7	04:00 pm	TC	Snehapana	
8	04:00 pm	TC	Snehapana	
9	04:00 pm	TC	Snehapana	
10	04:00 pm	TC	Snehapana	
11	04:00 pm	TC	Snehapana	
12	07:00 am	sw/v	Virecana	
13	<b>Rest Day</b>			
14	08:00 am 10:00 am 02:00 pm	TC HLS 2 TC		
15	08:00 am	TC		
16	10:00 am	TC		
17	10:00 am	TC		
18	10:00 am	TC		
19	08:00 am	TC		
20	10:00 am	TC		
21	10:00 am	TC		
22	02:00 pm	TC		
23	10:00 am	TC		
24	10:00 am	TC		
25	10:00 am	TC		
26	10:00 am	TC		
27	10:00 am	TC		
28	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.	
<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> <b>Private Meditation</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.*