

# 7 Day Detox 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.
2	04:00 pm	TC	Juicing	
3	04:00 pm Bed time	TC Liver flush	Juicing	
4	10:00 am	TC		
5	10:00 am	TC		
6	02:00 pm	TC		
7	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>		Yoga	Daily 07:00 – 08:15 am: Hatha Yoga	
<b>Ear Candle</b>			Daily 08:15 – 09:15 am: Restorative	
<b>Eye Treatment</b>		Yoga Nidra	Tue & Thu 06:45 pm – 07:30 pm	
<b>Kati Basti</b>		Meditation	Mon, Wed & Fri 06:45 pm – 07:30 pm	
<b>Full Nasya</b>		Herb Walk	Sat 04:00 pm	
<b>Coaching</b>		Ayurveda Talk	Thu 12:15 pm – 01:15 pm	
<b>Marma Therapy</b>		Ayurveda Q&A	Mon 12:15 pm – 01:15 pm	
<b>Theta Healing</b>		Cooking Class	Tue 12:15 pm – 01:15 pm	
<b>Private Yoga</b>		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.*