

7 Day Rejuvenation Program

Sample Schedule



AMRTASIDDHI

Day	Time of Appointment	Appointment / Activity	Further Information
1	09:00 am	Consultation	TC = Treatment Combination; to be confirmed after the initial consultation.
	10:00 am	TC	
2	10:00 am	TC	
3	10:00 am	TC	
4	10:00 am	TC	
5	10:00 am	TC	
6	10:00 am	TC	
7	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 all activities.	
Lymphatic Drainage Ear Candle Eye Treatment Kati Basti Full Nasya Coaching Marma Therapy Theta Healing Private Yoga		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.