

AYURVEDA

BY GIARDINO

- Consultation
- Treatment
- Nutrition
- Activity
- Training
- Other

Example of a treatment plan

Programme: Ayurveda Detox

Duration: 6 days, 5 nights

	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
8.00		8.00 Detox yoga (group)	8.00 Detox yoga (group)	8.00 Detox yoga (group)	8.00 Detox yoga (group)	8.00 Detox yoga (group)	
9.00		9.15 Ayurvedic breakfast	9.15 Ayurvedic breakfast	9.15 Ayurvedic breakfast	9.15 Ayurvedic breakfast	9.15 Ayurvedic breakfast	
10.00		10.15 Guided trip: active running for fitness	10.15 Lepas whole-body exfoliation	10.15 Lepas whole-body exfoliation	10.30 Info: seasonal tips	10.15 Pinda sveda herbal compress massage	
11.00							
12.00		12.30 Ayurvedic lunch	12.30 Ayurvedic lunch	12.30 Ayurvedic lunch	12.30 Ayurvedic lunch	12.30 Ayurvedic lunch	
13.00						13.30 Final consultation	
14.00	14.00 Arrival	14.30 Abhyanga whole-body oil massage	14.30 Abhyanga whole-body oil massage	14.00 Facial treatment	14.30 Pinda sveda herbal compress massage	14.00 Departure	
15.00	15.00 Medical history and pulse diagnosis	Svedana perspiration therapy	Svedana perspiration therapy				
16.00			16.30 Info: restful sleep	16.00 Guided trip: running for fitness			
17.00	17.00 Detox yoga (group)						
18.00	18.15 Meditation	18.15 Meditation	18.15 Get-together in the kitchen or meditation	18.15 Meditation	18.15 Meditation		
19.00	19.15 Ayurvedic dinner	19.15 Ayurvedic dinner	19.15 Ayurvedic dinner	19.15 Ayurvedic dinner	19.15 Ayurvedic dinner		
20.00							
21.00							

