

AYURVEDA

BY GIARDINO

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

Example of a treatment plan

Programme: panchakarma cure

Duration: 14 days, 13 nights

Week 1	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
8.00		8.00 Detox yoga (group)	8.00 Hatha yoga (group)	8.00 Detox yoga (group)	8.00 Detox yoga (group)	Cleansing day Castor oil intake	8.00 Yin 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: running for fitness			10.15 Info: seasonal tips	10.15 Rest time	
11.00			11.00 Private lesson Deep relaxation	11.00 Guided trip: active running for fitness			
12.00							
13.00		12.30 Ayurvedic lunch	12.30 Ayurvedic lunch	12.30 Ayurvedic lunch	12.30 Ayurvedic lunch	12.30 Ayurvedic detox lunch	12.30 Ayurvedic lunch
14.00	14.00 Arrival				14.00 Consultation		
15.00	15.00 Medical history and pulse diagnosis	14.30 Abhyanga whole-body oil massage Svedana perspiration therapy	14.30 Abhyanga whole-body oil massage Svedana perspiration therapy		14.30 Pinda sveda herbal compress massage	15.00 Stomach treatment	14.45 Lepas whole-body exfoliation
16.00			16.30 Info: restful sleep				15.45 Nutrition advice
17.00	17.00 Detox yoga (group)						
18.00							
19.00	18.15 Meditation	18.15 Meditation	18.15 Get-together in the kitchen or meditation	18.15 Meditation	18.15 Meditation	18.15 Meditation	18.15 Meditation
20.00	19.15 Ayurvedic dinner	19.15 Ayurvedic dinner	19.15 Ayurvedic dinner	19.15 Ayurvedic dinner	19.15 Ayurvedic dinner	19.15 Ayurvedic detox dinner	19.15 Ayurvedic dinner
21.00							



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Week 2	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
8.00	8.00 Detox yoga (group)	8.00 Detox yoga (group)	8.00 Hatha yoga (group)	8.00 Detox yoga (group)	8.00 Detox yoga (group)	8.00 Detox yoga (group)	8.00 Yin Yoga (group)
9.00	9.15 Ayurvedic breakfast	9.15 Ayurvedic breakfast	9.15 Ayurvedic breakfast	9.15 Ayurvedic breakfast	9.15 Ayurvedic breakfast	9.15 Ayurvedic breakfast	9.15 Ayurvedic breakfast
10.00	10.30 Cookery class followed by communal lunch	10.15 Guided trip: trip to Monte Verità	10.30 Info: eat well, eat happy		10.30 Workshop: better concentration		10.30 Abhyanga whole-body oil massage Svedana perspiration therapy
11.00							11.30 Final consultation
12.00	12.30 Ayurvedic lunch	12.30 Ayurvedic lunch	12.30 Ayurvedic lunch	12.30 Ayurvedic lunch	12.30 Ayurvedic lunch	12.30 Ayurvedic lunch	12.30 Ayurvedic lunch
13.00							
14.00					14.00 Consultation		14.00 Departure
15.00	14.30 Lepas whole-body exfoliation	14.30 Shirodhara (pouring oil over the forehead)	14.30 Shirodhara (pouring oil over the forehead)	14.30 Abhyanga whole-body oil massage Svedana perspiration therapy	14.30 Pinda sveda herbal compress massage	14.30 Pinda sveda herbal compress massage	
16.00							
17.00							
18.00	18.15 Meditation	18.15 Meditation	18.15 Get-together in the kitchen or meditation	18.15 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	19.15 Ayurvedic dinner	
20.00							
21.00							

