

AYURVEDA

BY GIARDINO

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

Example of a treatment plan

Programme: Ayurveda Pro-Aging

Duration: 7 days, 6 nights

	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
8.00		8.00 Yin Yoga (group)	8.00 Hatha yoga (group)	8.00 Hatha yoga (group)	8.00 Yin Yang Yoga (group)	8.00 Yin Yang Yoga (group)	8.00 Hatha 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
10.00							
11.00		10.30 Info: lifestyle tips	10.30 Abhyanga whole-body oil massage Svedana perspiration therapy	10.30 Facial treatment	10.30 Info: rejuvenation tips	10.30 Padabhyanga foot massage Svedana perspiration therapy	10.30 Padabhyanga foot massage Svedana perspiration therapy
12.00							
13.00		12.30 Ayurvedic lunch	12.30 Ayurvedic lunch	12.30 Ayurvedic lunch	12.30 Ayurvedic lunch	12.30 Ayurvedic lunch	12.30 Ayurvedic lunch
14.00	14.00 Arrival						14.00 Departure
15.00	15.00 Medical history and pulse diagnosis	15.00 Abhyanga whole-body oil massage Svedana perspiration therapy	15.00 Guided trip: mindful running	15.00 Guided trip: elements walk	15.00 Shirodhara (pouring oil over the forehead)	15.00 Hairstylist	
16.00							
17.00	17.00 Yin Yoga (group)		16.30 Pinda sveda herbal compress massage		16.15 Svedana perspiration therapy	17.00 Final consultation	
18.00							
18.15	18.15 Meditation	18.15 Meditation	18.15 Meditation	18.15 Meditation	18.15 Meditation	18.15 Meditation	
19.00							
19.15	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							

