

AYURVEDA

BY GIARDINO

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

Example of a treatment plan

Programme: Ayurveda Compact

Duration: 3 days, 2 nights

	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
8.00		8.00 Hatha yoga (group)	8.00 Hatha yoga (group)				
9.00		9.15 Ayurvedic breakfast	9.15 Ayurvedic breakfast				
10.00		10.30 Info: Ayurvedic nutrition	10.30 Facial treatment				
11.00							
12.00		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	14.00 Departure				
15.00	15.00 Medical history and pulse diagnosis	Svedana perspiration therapy					
16.00							
17.00	16.30 Abhyanga whole-body oil massage						
18.00							
19.00	18.15 Meditation	18.15 Meditation					
20.00	19.15 Ayurvedic dinner	19.15 Ayurvedic dinner					
21.00							

