

AYURVEDA

BY GIARDINO

Example of a treatment plan

Programme: Ayurveda Family

Duration: 5 days, 4 nights

Children up to age 16

Svedana perspiration therapy from 13 years

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

	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
8.00		8.00 Hatha yoga (group)	8.00 Yin Yoga (group)	8.00 Yin Yang 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		
10.00		10.30 Ayurvedic treatments for the whole family	10.30 Sound massage	10.30 Facial treatment	10.30 Guided trip: five elements walk		
11.00							
12.00		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	14.00 Bike tour of Tenero		14.00 Trip to Monte Verità			
15.00	15.00 Medical history and pulse diagnosis for all family members				15.00 Departure		
16.00							
17.00	17.00 Hatha yoga (group)		17.00 Workshop: better concentration				
18.00							
18.15	18.15 Meditation	18.15 Meditation	18.15 Get-together in the kitchen or meditation	18.15 Get-together in the kitchen or meditation			
19.00							
19.15	19.15 Ayurvedic dinner	19.15 Ayurvedic dinner	19.15 Ayurvedic dinner	19.15 Ayurvedic dinner			
20.00							
21.00							

