

AYURVEDA

BY GIARDINO

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

Example of a treatment plan

Programme: Ayurveda in Midlife

Duration: 7 days, 6 nights

	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
8.00		8.00 Yin Yang Yoga (group)	8.00 Yin Yoga (group)	8.00 Yin Yang 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	9.15 Ayurvedic breakfast	9.15 Ayurvedic breakfast
10.00							
11.00		10.30 Ayurvedic treatment Svedana perspiration therapy	10.30 Ayurvedic treatment Svedana perspiration therapy	10.30 Ayurvedic treatment Svedana perspiration therapy	10.30 Ayurvedic treatment Svedana perspiration therapy	10.30 Ayurvedic treatment Svedana perspiration therapy	10.30 Final consultation
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 Bike tour of Tenero		14.00 Stroll around the old town of Locarno		14.00 Facial treatment	14.00 Departure
15.00	15.00 Medical history and pulse diagnosis						
16.00							
17.00	17.00 Yin Yoga (group)		17.00 Info: Ayurvedic rejuvenation tips		17.00 Info: eat well, eat happy		
18.00							
18.15	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	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							

