

AYURVEDA

BY GIARDINO

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

Example of a treatment plan

Programme: Ayurveda for the Musculoskeletal System

Duration: 5 days, 4 nights

	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
8.00		8.00 Hatha yoga (group)	8.00 Hatha yoga (group)	8.00 Hatha 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		
10.00		10.30 Info: fit with Ayurveda	10.15 Pristabhyanga back massage Svedana perspiration therapy	10.15 Kalari marma whole-body massage Svedana perspiration therapy	10.15 Pristabhyanga back massage Svedana perspiration therapy		
11.00							
12.00		12.15 Ayurvedic lunch	12.15 Ayurvedic lunch	12.15 Ayurvedic lunch	12.15 Ayurvedic lunch		
13.00							
14.00	14.00 Arrival	14.30 Pristabhyanga back massage Svedana perspiration therapy	14.30 Monte Verità place of power	14.30 Info: restful sleep	14.00 Departure		
15.00	15.00 Medical history and pulse diagnosis						
16.00			16.00 Kati basti oil treatment Svedana perspiration therapy	16.00 Kati basti oil treatment Svedana perspiration therapy			
17.00	17.00 Pinda sveda herbal compress massage			17.15 Final consultation			
18.00							
18.15	18.15 Meditation	18.15 Meditation	18.15 Get-together in the kitchen or meditation	18.15 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							

