

AYURVEDA

BY GIARDINO

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

Example of a treatment plan

Programme: Ayurveda Restart

Duration: 6 days, 5 nights

	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
8.00		8.00 Detox yoga (group)	8.00 Vinyasa Flows yoga (group)	8.00 Pilates yoga (group)	8.00 Vinyasa Flows yoga (group)	8.00 Pilates yoga (group)	
9.00		9.15 Ayurvedic breakfast	9.15 Ayurvedic breakfast	9.15 Ayurvedic breakfast	9.15 Ayurvedic breakfast	9.15 Ayurvedic breakfast	
10.00		10.15 Guided trip: mindful running	10.15 Info: restful sleep	10.15 Info: doshas and nutrition		10.15 Abhyanga synchronised massage	
11.00			11.00 Private lesson Deep relaxation	11.00 Guided trip: active running for fitness			
12.00						11.45 Final consultation	
13.00		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	15.15 Abhyanga whole-body oil massage	15.00 Shirodhara (pouring oil over the forehead)	15.00 Sound massage	15.15 Abhyanga whole-body oil massage		
16.00		16.15 Svedana perspiration therapy			16.15 Svedana perspiration therapy		
17.00	17.00 Yin Yoga (group)		17.00 Yin Yang Yoga (group)	17.00 Yin Yang Yoga (group)			
18.00		18.15 Pranayama and meditation			18.15 Pranayama and meditation		
19.00		19.15 Ayurvedic dinner	19.15 Ayurvedic dinner	19.15 Ayurvedic dinner	19.15 Ayurvedic dinner		
20.00	19.15 Ayurvedic dinner						
21.00							

