

10 Days Yoga Detox & Ayurveda Wellness Retreats

Daily Schedule

First Half will be Yoga Detox

<u>Timings</u>	<u>Yoga Detox Programs</u>
6:00 AM	Joints & Glands - HaTha Yoga - Vinyasa Yoga
7:00 AM	Shat Kriya - Pranayama
8:00 AM	Mantra Yoga -Meditation
9:00 AM	Breakfast
10:30 AM	Yoga Practicum-Adjustment Yoga
12:00 PM	Yogic Cooking classes -Chair Yoga-Yoga Nidra
1:00 PM	Lunch

Second Half will be Ayurveda Practices

<u>Timings</u>	<u>Ayurveda Wellness Programs</u>
3:00 PM	Facial- Foot- Hand- Head- Back Massages
4:00 PM	Concept of Ayurvedic Nutrition's
5:30 PM	Tea Break
6:00 PM	Ayurvedic Cooking Classes
7:00 PM	Dinner
8:00 PM	Marma Therapy for Common Problems

Sightseeing's During Retreat

- Ashram/Temple Visits
- Varkala/Kapil Beach
- Boating in Backwaters
- Musical/ Dance Program