



DAILY SCHEDULE

Time	Activity
07:30 – 08:15	Morning Yoga session
08:30 – 09:30	Breakfast according to the individual Dosha
09:00 – 13:00	Ayurvedic therapies or Pachakarma/Purvakarma procedures
13:00 – 13:30	Lunch according to the individual Dosha
13:30 – 14:30	Break
14:30 – 18:00	Ayurvedic therapies or Pachakarma/Purvakarma procedures
17:00 – 19:00	Evening examination with Ayurvedic doctor
19:00 – 19:45	Evening Yoga session and relaxation
20:00 – 20:30	Dinner according to the individual Dosha
20:30 – 22:00	Late night procedures based upon doctor`s prescription
Note	Three times per week – on Sunday, Tuesday and Thursday there will be a lecture on the topic: “What is Ayurveda- basic principles and the path to longevity

- The program is held under control of the Ayurvedic doctor, who can make changes in your daily schedule with an aim of better effect of the therapy.
- The number of the procedures are also determined by our doctor. It can not be elected procedures by choice.
- It is allowed individual walk up to 30 minutes per day – only if the outside temperature is higher. Walking is by choice of the participants, so that they can meet their needs for an active movement. For Panchakarma therapy is not necessary to use walking as part of the program. The energy that you will get from the therapies should not be reduced by active exercises.
- Schedule may change according to the current period and the individual schedules of the participants, according to the prescription of the Ayurvedic Doctor.
- Every participant will receive regular information about their daily schedule.
- The Yoga sessions are held morning and evening from Monday to Friday.