

A Day With Medivan

Daily Wellness Schedule in Medivan

Activity	Time
Yogic Kriya and Shatkarma	5:00 AM - 6:00 AM
Yoga and Meditation Session	6:00 AM - 8:00 AM
Breakfast	8:00 AM - 10:00 AM
Rest	10:00 AM - 2:00 PM
Therapy Session	2:00 PM - 3:00 PM
Yoga	4:00 PM - 5:00 PM
Dinner	7:00 PM - 8:00 PM
Walk	After Dinner
Sleep	Night