

<b>Day 1: Arrival and Relaxation</b>		<b>Time</b>
Check-in		2:00 PM
Doctor Consultation (Nadi Pariksha)		2:30 PM
Lunch		3:00 PM
Therapy Session		4:00 PM
Yoga Session		5:30 PM
Dinner		7:00 PM
Evening Walk		8:00 PM
Rest and Sleep		9:00 PM
<b>Day 2: Wellness and Departure</b>		<b>Time</b>
Shatkarma & Yogic Kriya Session		6:00 AM
Morning Yoga Session		7:00 AM
Breakfast		8:00 AM
Rest and Free Time		9:00 AM
Therapy Session		11:00 AM
Check-out		12:00 PM