

Daily Schedule

Prana Ayurveda + Yoga 7 Day



From	To	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
7:00 AM	8:00 AM	Introductory Yoga	Breath based movement exercises	Stretches &Sun Salutation	Pranayama and Meditation	Posture Clinic	Customised yogic regimen for 6 months	Customised yogic regimen for next 6 months
8:00 AM	9:00 AM							
9:00 AM	10:00 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10:00 AM	11:00 AM	Initial consultation	Diet consultation	Body Constitution Evaluation	Follow up & Treatment Reviews	Life style corrections & Diet modification	Feed back & follow up	Final consultation
11:00 AM	12:00 PM	Customised ayurvedic therapy	Customised ayurvedic therapy	Customised ayurvedic therapy	Customised ayurvedic therapy	Customised ayurvedic therapy	Customised ayurvedic therapy	Customised ayurvedic therapy
12:00 PM	1:00 PM							
1:00 PM	2:00 PM	Delicious world cuisine	Delicious world cuisine	Delicious world cuisine	Delicious world cuisine	Delicious world cuisine	Delicious world cuisine	Delicious world cuisine
2:00 PM	3:00 PM	Pool Time	Swimming & Surfing on the beach	Pool Time	Pool Time	Pool Time	Pool Time	Pool Time
3:00 PM	4:00 PM							
4:00 PM	5:00 PM	Country side stroll		Trip to meditation rock	Healthy ayurvedic cuisine classes	Group discussion on indian philosophy	Voyage through Vellayani lake	Trip to Vizhinjam Fishing Harbour
5:00 PM	6:00 PM							
6:00 PM	7:00 PM	Meditation(silent sitting)	Keerthan(group singing)	Form meditation (saguna dhyana)	Form meditation (saguna dhyana)	Formless meditation (nirguna dhyana)	Formless meditation (nirguna dhyana)	Aarathi(offering)
7:00 PM	8:00 PM							
8:00 PM	9:00 PM	Herbal Tea & Wind Down	Herbal Tea & Wind Down	Herbal Tea & Wind Down	Herbal Tea & Wind Down	Herbal Tea & Wind Down	Herbal Tea & Wind Down	Herbal Tea & Wind Down
Sessions / Consults	Food / Rest							

NOTES

Breakfast: Puttu/Upma/ Dosa /Idiyappam/Vellappam/Oats/Idly

Ayurvedic Treatments: based on age , sex, body constitution, strength, digestive fire,physical conditions,climate,season

Treatments: Kizhy (Ela , Podi, Naranga, Navara, Navadhanya) Dhara(Taila, Takra,Kashya, Ksheera),Vasti(Janu, Kati, Uro, Greeva), Nasyam, Kavalam, Dhoomam,Karnapooranam, Thalam,Pichu, Pooch ,Parishekam, Avagaham,Snahavasti , Kashaya Vasti,Tarpanam.

Cuisine: Subject to change if undergoing ayurvedic treatment

More than 7 Days?

Additional treatments, exercises and evaluations (based on doctor recommendations), ayurvedic cooking classes