

## Samshudhi Naturopathy, Panchakarma and Yoga Retreat

(complete Solution to Physical, Holistic and Spiritual Health)

Summer Schedule		Winter Schedule	
Time	Activity	Time	Activity
5: 00 - 5:15 AM	Raam Naam	5: 45 - 6:00 AM	Raam Naam
5:15 - 5:40 AM	Morning Walk	6:00 - 6:30 AM	Morning Walk
5:45 – 5:55 AM	Lemon Honey/Kwath	6:35 – 6:45 AM	Lemon Honey/Kwath
6:00 - 7:00 AM	Yoga	7:00 – 8:00 AM	Yoga
7:00 – 7:30 AM	Shatkarma + Enema + Herbal Drink + Nuts	8:00- 8:15 AM	Shatkarma + Enema + Herbal Drink + Nuts
7:40 - 8:00 AM	Doctor Consultation	8:15 - 8:30 AM	Doctor Consultation
8:30 - 11:00 AM	Treatment	8:30 - 11:00 AM	Treatment
11:30 - 12:00 PM	Lunch	11:30 - 12:00 PM	Lunch
12:00 - 2:00 PM	Rest	12:00 - 2:00 PM	Rest
2:00 - 2:15 PM	Lemon Honey/Kwath	2:00 - 2:15 PM	Lemon Honey/Kwath
2:15 - 4:15 PM	Treatment	2:15 - 4:15 PM	Treatment
4:30 - 5:00 PM	Fruits/Juice	4:30 - 5:00 PM	Fruits/Juice
5:00 – 6:00 PM	Havana/Laughter Therapy/Yoga/Havan	5:00 – 6:00 PM	Havana/Laughter Therapy/Yoga/Havan
6:00 – 6:30 PM	QnA/Prayer/Relaxation	6:00 – 6:30 PM	QnA/Prayer/Relaxation
6:40 - 7:10 Pm	Dinner	6:40 - 7:10 Pm	Dinner
8:30 - 9:00 PM	Night Treatment	8:30 - 9:00 PM	Night Treatment
9:00 - 9:15 PM	Herbal Kwath	9:00 - 9:15 PM	Herbal Kwath
9:15 PM	Bed Time	9:15 PM	Bed Time