

Samshudhi Naturopathy, Panchakarma and Yoga Retreat

(Complete Solution to Physical, Mental, Social and Spritual Health)

Summer Schedule		Winter Schedule	
Time	Activity	Time	Activity
5: 00 - 5:15 AM	Raam Naam	6:00 - 6:15 AM	Raam Naam
5:15 - 6:00 AM	Morning Walk	6:15 - 6:30 AM	Lemon Honey/Kwath
6:00 - 6:15 AM	Lemon Honey/Kwath	6:30 - 7:00 AM	Morning Walk
6:15 - 7:00 AM	Shatkarma, Enema	7:00 - 7:30 AM	Shatkarma, Enema
7:00 - 8:00 AM	Yoga	7:30 - 8:30 AM	Yoga
8:00 - 8:15 AM	Juices	8:30 AM	Juices
8:30 - 11:00 AM	Treatment + Doctor Consultation	8:30 - 11:00 AM	Treatment + Doctor Consultation
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 - 5:30 PM	Yagya/Laughter Therapy	5:00 - 5:30 PM	Yagya/Laughter Therapy
5:30 - 6:30 PM	Walk	5:30 - 6:00 PM	Walk
6:30 - 7:30 Pm	Prayer + DRT + QnA	6:00 - 7:00 Pm	Prayer + DRT + QnA
7:30 - 8:00 PM	Dinner	7:00 - 7:30 PM	Dinner
8:00 - 9:00 PM	Night treatment + Doctor Consultation	8:00 - 9:00 PM	Night treatment + Doctor Consultation
9:00 - 9:15 PM	Herbal Kwath	9:00 - 9:15 PM	Herbal Kwath
9:15 PM	Bed Time	9:15 PM	Bed Time