SHAMBHALA DETOX

This is an example program, timings of individual units are subject to change

	8 AM - 10 AM	10 AM - 12.00 PM	12 PM - 2 PM	2 PM - 4 PM	4 PM - 6 PM	6 PM - 8 PM	8 PM - 10 PM
Day 1				CHECK IN	WELCOME AND INTRODUCTION + WELCOME PACKS	PERSONAL CONSULTATIONS	SELF-ADMINISTERED ENEMA IN THE ROOM
Day 2	SELF-ADMINISTERED ENEMA IN THE ROOM + PERSONAL CONSULTATION	EDUCATIONAL CLASSES	YOGA + GUIDED MEDITTION	BREAK	WORKSHOPS: INTRODUCTINO TO LIVER CLEANSE + YOGA + MEDITATION	WALK + SAUNA SESSION + ENEMA + JOURNALLING	LIVER CLEANSE DAY 1 (AT 9 PM) PERSONAL CONSULTATIONS
Day 3	SELF-ADMINISTERED ENEMA IN THE ROOM + PERSONAL CONSULTATION	EDUCATIONAL CLASSES	YOGA + GUIDED MEDITTION	BREAK	WORKSHOPS: LIVER CLEANSE + YOGA + MEDITATION	WALK + SAUNA SESSION + ENEMA + JOURNALLING	LIVER CLEANSE DAY 2 (AT 9 PM) PERSONAL CONSULTATIONS
Day 4	SELF-ADMINISTERED ENEMA IN THE ROOM + PERSONAL CONSULTATION	EDUCATIONAL CLASSES	YOGA + GUIDED MEDITTION	BREAK	WORKSHOPS: LIVER CLEANSE + YOGA + MEDITATION	WALK + SAUNA SESSION + ENEMA + JOURNALLING	LIVER CLEANSE DAY 3 (AT 9 PM) PERSONAL CONSULTATIONS
Day 5	SELF-ADMINISTERED ENEMA IN THE ROOM + PERSONAL CONSULTATION	EDUCATIONAL CLASSES	YOGA + GUIDED MEDITTION	BREAK	WORKSHOPS: POST DETOX PLAN + EAR CANDLING + ZAPPER TREATMENT + APPLE JUICE	WALK + SAUNA SESSION + ENEMA	CUPPING THERAPY
Day 6	SELF-ADMINISTERED ENEMA IN THE ROOM	BREAKFAST	CHECK OUT				