

# AYURVEDA

BY GIARDINO

- Consultation
- Treatment
- Nutrition
- Activity
- Training
- Other

## Example of a treatment plan

Programme: Health Retreat COR-Balance®

Duration: 7 days, 6 nights

|       | So.                                | Mo.  | Di.  | Mi.  | Do.                                | Fr.  | Sa.                         |
|-------|------------------------------------|--|--|--|------------------------------------|--|-----------------------------|
| 8:00  |                                    | 8:00<br>Yoga   | 8:00<br>Yoga   | 8:00<br>Yoga   | 8:00<br>Yoga                       | 8:00<br>Yoga   | 8:00<br>Yoga                |
| 9:00  |                                    | 9:15<br>Ayurvedic breakfast                              | 9:15<br>Ayurvedic breakfast                              | 9:15<br>Ayurvedic breakfast                              | 9:15<br>Ayurvedic breakfast        | 9:15<br>Ayurvedic breakfast                              | 9:15<br>Ayurvedic breakfast |
| 10:00 |                                    | 10:00 Bio-frequency-analysis                             | 10:00<br>Nutritional consultation                        |  | 10:15<br>Coaching/life counseling  | 10:00 Final consultation                                 |                             |
| 11:00 |                                    |  |  |  |                                    | 11:00<br>Workshop/lecture                                |                             |
| 12:00 |                                    | 12:30<br>Ayurvedic lunch                                 | 12:30<br>Ayurvedic lunch                                 | 12:30<br>Ayurvedic lunch                                 | 12:30<br>Ayurvedic lunch           | 12:30<br>Ayurvedic lunch                                 | 12:30<br>Ayurvedic lunch    |
| 13:00 |                                    |  |  |  |                                    |  |                             |
| 14:00 |                                    | 14:00 COR-Balance frequency therapie                     | 14:00 COR-Balance frequency therapie                     | 14:00 COR-Balance frequency therapie                     |                                    | 14:00 COR-Balance frequency therapie                     | 14:00<br>Departure          |
| 15:00 | From 15:00<br>Arrival              | 15:00 Ayurvedic treatment and<br>Sweat therapy (Svedana) | 15:00 Ayurvedic treatment and<br>Sweat therapy (Svedana) | 15:00 Ayurvedic treatment and<br>Sweat therapy (Svedana) |                                    | 15:00 Ayurvedic treatment and<br>Sweat therapy (Svedana) |                             |
| 16:00 |                                    |  |  |  |                                    |  |                             |
| 17:00 |                                    |  |  |  |                                    |  |                             |
| 18:00 | 18:00<br>Meditation/Pranayama      | 18:00<br>Meditation/Pranayama                            | 18:00<br>Meditation/Pranayama                            | 18:00<br>Meditation/Pranayama                            | 18:00<br>Meditation/Pranayama      | 18:00<br>Meditation/Pranayama                            |                             |
| 19:00 | 19:00<br>Ayurvedic dinner          | 19:00<br>Ayurvedic dinner                                | 19:00<br>Ayurvedic dinner                                | 19:00<br>Ayurvedic dinner                                | 19:00<br>Ayurvedic dinner          | 19:00<br>Ayurvedic dinner                                |                             |
| 20:00 |                                    |  |  |  |                                    |  |                             |
| 21:00 | 20:30<br>Alkaline bath in the room | 20:30<br>Alkaline bath in the room                       | 20:30<br>Alkaline bath in the room                       | 20:30<br>Alkaline bath in the room                       | 20:30<br>Alkaline bath in the room | 20:30<br>Alkaline bath in the room                       |                             |

