



Panchkarma

7-days program

Sample Schedule

FRIDAY

Before 3pm	Guest Check-in
3.00 - 5.00	Medical Consultation
	Health Assessment
	Constitution Analysis
	Herbal Prescription
6.00 - 7.00	Orientation
7.30 - 8.30	Dinner

SATURDAY - Day 1

Before 6.30	Wake-up time (Before Sunrise)
6.45 - 7.45	Yoga Lessons
8.00 - 9.30	Breakfast
9.30 - 1.30	Panchkarma therapies (Group-1)*
12.30 - 2.30	Lunch
2.30 - 6.30	Panchkarma therapies (Group-2)*
6.30 - 7.30	Intro to Ayurveda
7.30 - 8.30	Dinner
9.00 - 10.00	Meditation & Breathing exercises
10.00 - 10.30	Bedtime

*Panchkarma therapies

Abhyanga massage, Nasya & Karnapoorana oil treatment, Svedana Steam, Basti enema

Health assessment - everyday

SUNDAY - Day 2

Before 6.30	Wake-up time (Before Sunrise)
6.45 - 7.45	Yoga Lessons
8.00 - 9.30	Breakfast
9.30 - 1.30	Panchkarma therapies (Group-1)*
12.30 - 2.30	Lunch
2.30 - 6.30	Panchkarma therapies (Group-2)*
6.30 - 7.30	Intro to Asthanga Yoga
7.30 - 8.30	Dinner
9.00 - 10.00	Meditation & Breathing exercises
10.00 - 10.30	Bedtime

*Panchkarma therapies

Pizhichil massage, Pinda-sveda hot compress
Svedana Steam, Basti enema

Health assessment - everyday

MONDAY - Day 3

Before 6.30	Wake-up time (Before Sunrise)
6.45 - 7.45	Yoga Lessons
8.00 - 9.30	Breakfast
9.30 - 1.30	Panchkarma therapies (Group-1)*
12.30 - 2.30	Lunch
2.30 - 6.30	Panchkarma therapies (Group-2)*
6.30 - 7.30	Video - Ayurveda
7.30 - 8.30	Dinner
9.00 - 10.00	Meditation & Breathing exercises
10.00 - 10.30	Bedtime

*Panchkarma therapies

Udvaartana massage, Shirodhara oil treatment
Svedana Steam, Basti enema

Health assessment - everyday



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Sample Schedule

TUESDAY - Day 4

Before 6.30	Wake-up time (Before Sunrise)
6.45 - 7.45	Yoga Lessons
8.00 - 9.30	Breakfast
9.30 - 1.30	Panchkarma therapies (Group-1)*
12.30 - 2.30	Lunch
2.30 - 6.30	Panchkarma therapies (Group-2)*
6.30 - 7.30	Relax, Mountain-walk
7.30 - 8.30	Dinner
9.00 - 10.00	Meditation & Breathing exercises
10.00 - 10.30	Bedtime

*Panchkarma therapies

Marma therapy, Nasya & Karnapoorana oil treatment, Svedana Steam, Basti enema

Health assessment - everyday

WEDNESDAY - Day 5

Before 6.30	Wake-up time (Before Sunrise)
6.45 - 7.45	Yoga Lessons
8.00 - 9.30	Breakfast
9.30 - 1.30	Panchkarma therapies (Group-1)*
12.30 - 2.30	Lunch
2.30 - 6.30	Panchkarma therapies (Group-2)*
6.30 - 7.30	Mind & Consciousness
7.30 - 8.30	Dinner
9.00 - 10.00	Meditation & Breathing exercises
10.00 - 10.30	Bedtime

*Panchkarma therapies

Pizhichil massage, Pinda-sveda hot compress Svedana Steam, Basti enema

Health assessment - everyday

THURSDAY - Day 6

Before 6.30	Wake-up time (Before Sunrise)
6.45 - 7.45	Yoga Lessons
8.00 - 9.30	Breakfast
9.30 - 1.30	Panchkarma therapies (Group-1)*
12.30 - 2.30	Lunch
2.30 - 6.30	Panchkarma therapies (Group-2)*
6.30 - 7.30	Lecture on Yoga
7.30 - 8.30	Dinner
9.00 - 10.00	Meditation & Breathing exercises
10.00 - 10.30	Bedtime

*Panchkarma therapies

Udvardana massage, Shirodhara & Shirobhyanga Svedana Steam, Basti enema

Health assessment - everyday

FRIDAY - Day 7

Before 6.30	Wake-up time (Before Sunrise)
6.45 - 7.45	Yoga Lessons
8.00 - 9.30	Breakfast
9.30 - 1.30	Panchkarma therapies (Group-1)*
12.30 - 2.30	Lunch
2.30 - 6.30	Panchkarma therapies (Group-2)*
6.30 - 7.30	Aftercare
7.30 - 8.30	Dinner
9.00 - 10.00	Meditation & Breathing exercises
10.00 - 10.30	Bedtime

*Panchkarma therapies

Ayurvedic Skin treatment, Padabhyanga massage Svedana steam

Post-Panchkarma Health assessment & Care



DR WAKDE'S
Panchkarma Clinic, Bansko, Bulgaria

*In between panchkarma schedule
Relax, Mountain-walk, use of spa

Please refer to your welcome packet or connect
with your program consultant for details.

This sample schedule is subject to change without notice