



## A sample day during our Ayurvedic Detox Rejuvenation Program

Though each guest's schedule is different, a typical day may look like this:

- Upon waking early in the morning, you follow your personalized prescription of *dinacharya*\* (daily-routine), which includes a combination of yoga, breathing, meditation, massages, self-inquiry and journaling. Your personal protocol will be given to you by Viviane, our highly experienced Ayurveda specialist. Each day you will have around two and a half hours dedicated to these activities.
- Viviane also recommends specific self-inquiry and journaling exercises to help you release old patterns, behaviors and emotions. So each day you will spend some time in reflection.
- Before lunch all activities facilitate deep calm, expansion and vitality.
- Choose to have your detoxifying lunch of kitchari either delivered to your residence or served at LD restaurant, offering al fresco dining with views across the Peljesac channel and the Korčula archipelago, whichever is most comfortable for you.
- After breakfast and lunch, enjoy free time. Our concierge will help you find relaxing tours and activities, that will be tailored to your preferences.
- On a couple afternoons, we invite you to attend talks about Ayurveda and its benefits in promoting health and wellness.
- After the lectures, it is time to relax in one of our peaceful treatment rooms and be nourished by our therapists. Your body, mind and spirit will delight in the cleansing and rejuvenating program created just for you.
- Today you receive an Indian Purva Karma that consists of *Gharshana* (dry massage performed using raw silk gloves) to refresh and stimulate the skin and lymphatic system, enhancing blood circulation and the release of accumulated toxins. *Abhyanga* - the anointing of the body with herbal-infused warm sesame oil and *Shirodhara* (warm oil, milk or ghee poured on the forehead) to bring you into a state of deep, quiet bliss.
- After floating back to your residence, you savour a light meal, meditate serenely, and then drift off to sleep.

\**Dinacharya* is a concept in Ayurvedic medicine that looks at the cycles of nature and bases daily activities around these cycles. Ayurveda contends that routines help establish balance and that understanding daily cycles are useful for promoting health. Routines covered by *dinacharya* include: waking time, elimination, hygiene, massage, exercise, bathing, meditation and prayer, meals, study, work, relaxation and sleeping.



### General daily agenda - Ayurvedic Detox Rejuvenation program

6:00	Morning Wake-up - glass of water with lemon
6:30	Early snack in your residence - Stewed Fruit Bowl
7:15	Wellness activities - yoga, pranayama, meditation, massages
8:00	Breakfast
9:30 - 12:00	Free Time
12:00	Lunch
13:00 - 15:00	Free Time
15:00	Ayurveda Lectures
16:00	Wellness activities - yoga, pranayama, meditation, massages
19:00	Dinner
22:00	Sleep

