

SAMPLE DAY

The Deep Reset Retreat

an Advanced Sleep and Nervous System Recovery Retreat

08.30 **Pilates** — Gentle guided movement to begin the day.

09.30 **Breakfast** — AYURAH Light Detox Menu.

11.00 **Sound Healing Experience** — A restorative session supporting mental rest and relaxation.

12.30 **Lunch** — AYURAH Light Detox Menu.

15.00 **Regenerating Yoga** — Gentle movement, breathing and relaxation.

17.00 **Chi Nei Tsang Massage** — Your private therapeutic treatment for the day.

19.00 **Dinner** — A lighter AYURAH meal designed to support digestive rest before sleep.

21.00 **Sleep Turndown Ritual** — A quiet close to the day and preparation for restful sleep.

This is an example day on a five- or seven-night stay; your days are adapted to you.