

SAMPLE DAY

The Detox & Renewal Retreat

08.30 **Activating Beach Yoga** — An energising practice on the sand to begin the day.

09.30 **Breakfast** — AYURAH Light Detox cuisine, or individualised fasting options.

11.00 **Breathing (Pranayama)** — Guided breathwork focused on the lungs.

12.30 **Lunch** — AYURAH Light Detox cuisine, or individualised fasting options.

15.00 **Tai Chi** — Slow, flowing movement in the afternoon.

17.00 **Skin Detox Massage** — Your private therapeutic treatment for the day.

19.00 **Dinner** — AYURAH Light Detox cuisine, with a focus on sustained detox.

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

This is an example day; your days are adapted to you.