

SAMPLE DAY

The Fitness and Weight Management Retreat

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| 08.30 | Strength and Conditioning — A fitness session set to your level. |
| 09.30 | Breakfast — AYURAH Light Detox cuisine, or individualised fasting options. |
| 11.00 | Floatation Experience — A private floatation session for deep physical rest. |
| 12.30 | Lunch — AYURAH Light Detox cuisine, or individualised fasting options. |
| 15.00 | Pilates — Core strength, posture and controlled movement. |
| 17.00 | Senses of AYURAH Massage — Your private therapeutic treatment for the day. |
| 19.00 | Dinner — AYURAH Light Detox cuisine, with a focus on gut health and weight management. |
| 21.00 | Sleep Turndown Ritual — A quiet close to the day and preparation for restful sleep. |
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This is an example day; your days are adapted to you.