



TIARA  
HOTELS & RESORTS



shadanga  
The Essence of Kerala's Ayurveda



7Night /8Days Shadanga's  
Pain Management

# Package

DAY : 1

Session	Duration	Time
Welcome Drink & Check-in	-	1:00PM
Lunch	-	2:00PM
Abhyangam	60Min	4:00PM
Herbal Tea & Healthy Snack		5:30PM
Trataka Meditation / Om Meditation & Pranayama		6:30PM
Dinner		8:30PM





DAY : 2

Session	Duration	Time
Yoga & Pranayama	60Min	7:30AM
Breakfast	-	8:30AM
Udwartan	60Min	11:00AM
Lunch	-	1:30PM
Rest & Recharge	-	2:00PM - 4:00PM
Dhanyamla	60Min	4:00PM
Herbal Tea & Healthy Snack	-	5:00PM
Nature Walk / Infinity Walk	30Min	5:30PM
Trataka Meditation / Om Meditation & Pranayama	60Min	6:30PM
Dinner		8:30PM







DAY : 3

Session	Duration	Time
Yoga & Meditation	60Min	7:00AM
Udwartan	60Min	8:00AM
Breakfast	-	9:30AM
Nature Walk	30Min	11:00AM
Brain Breath Therapy	30Min	12:00PM
Lunch	-	1:00PM
Rest & Recharge	-	1:30PM-3:30PM
Dhanyamla	60Min	4:00PM
Tea & Snacks	-	5:30PM
Guided Meditation with QRT & DRT	60Min	6:30PM
Dinner	-	8:30PM







DAY : 4

Session	Duration	Time
Yoga & Meditation	60Min	7:00AM
Rooksha Pind	60Min	8:00AM
Breakfast	-	9:30AM
Nature Walk	30Min	11:00AM
Brain Breath Therapy	30Min	12:00PM
Lunch	-	1:00PM
Rest & Recharge	-	1:30PM-3:30PM
Abhyangam	60Min	4:00PM
Tea & Snacks	-	5:30PM
Guided Meditation with QRT & DRT	60Min	6:30PM
Dinner	-	7:30PM







DAY : 5

Session	Duration	Time
Yoga & Meditation	60Min	7:00AM
Abhyangam	60Min	8:00AM
Breakfast	-	9:30AM
Nature Walk	30Min	11:00AM
Brain Breath Therapy	30Min	12:00PM
Lunch	-	1:00PM
Rest & Recharge	-	1:30PM-3:30PM
Kativasti	60Min	4:00PM
Tea & Snacks	-	5:30PM
Guided Meditation with QRT & DRT	60Min	6:30PM
Dinner	-	7:30PM







DAY : 6

Session	Duration	Time
Yoga & Meditation	60Min	7:00AM
Abhyangam	60Min	8:00AM
Breakfast	-	9:30AM
Nature Walk	30Min	11:00AM
Brain Breath Therapy	30Min	12:00PM
Lunch	-	1:00PM
Rest & Recharge	-	1:30PM-3:30PM
Kativasti	60Min	4:00PM
Tea & Snacks	-	5:30PM
Guided Meditation with QRT & DRT	60Min	6:30PM
Dinner	-	7:30PM







DAY : 7

Session	Duration	Time
Yoga & Meditation	60Min	7:00AM
Kativasti	60Min	8:00AM
Breakfast	-	9:30AM
Nature Walk	30Min	11:00AM
Brain Breath Therapy	30Min	12:00PM
Lunch	-	1:00PM
Rest & Recharge	-	1:30PM-3:30PM
Tea & Snacks	-	5:30PM
Guided Meditation with QRT & DRT	60Min	6:30PM
Dinner	-	7:30PM







DAY : 8

Session	Duration	Time
Breakfast	-	8:00AM
Checkout	-	10:00AM

