



TIARAA
HOTELS & RESORTS



shadanga
The Essence of Kerala's Ayurveda

7Night /8Days Shadanga's
Preventive & Regenerative

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
Sirodhara	60Min	11:00AM
Lunch	-	1:30PM
Rest & Recharge	-	2:00PM - 4:00PM
Prakriti Aroma	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

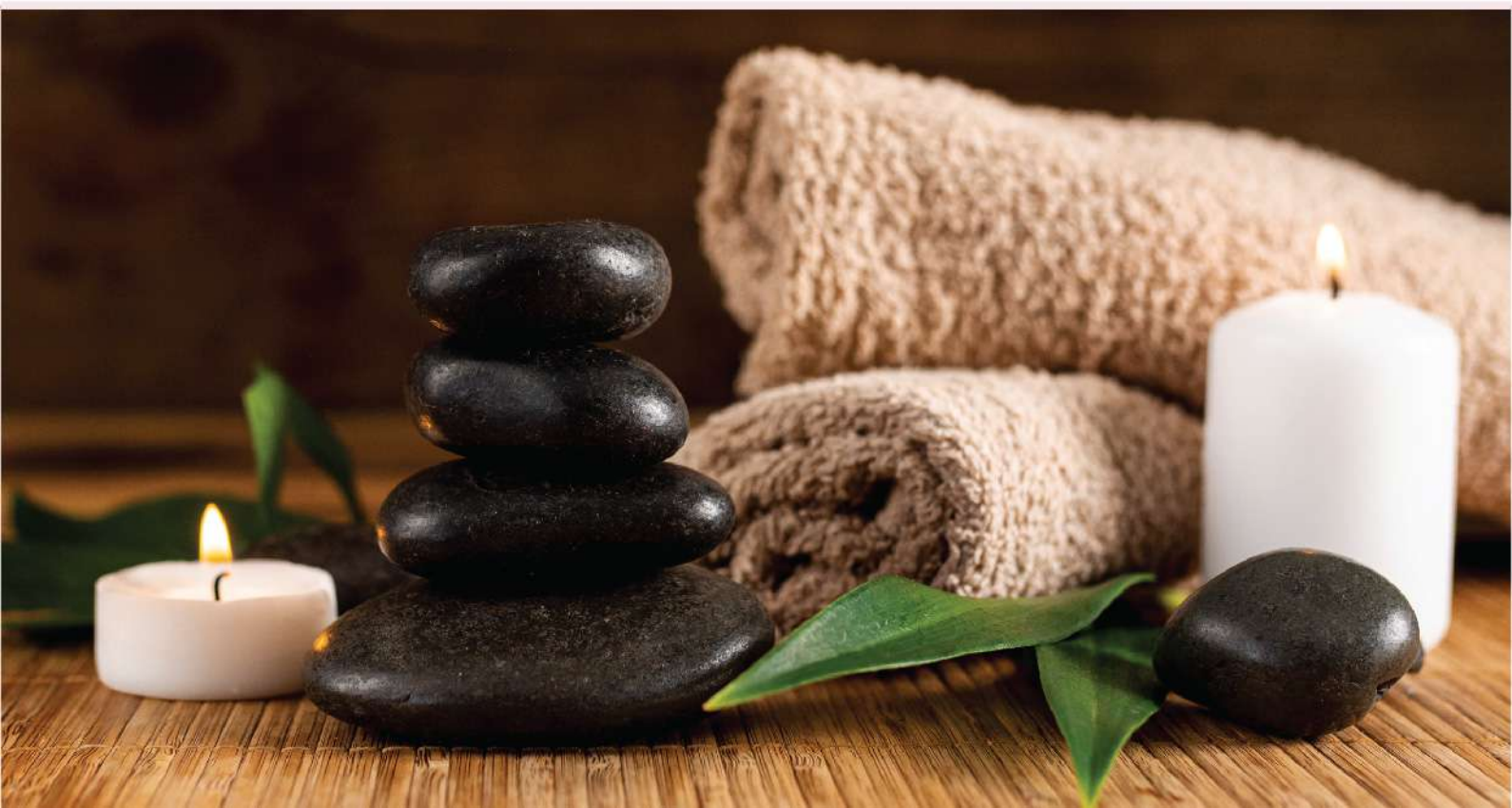
Session	Duration	Time
Yoga & Meditation	60Min	7:00AM
Sirodhara	60Min	8:00AM
Breakfast	-	9:30AM
Nature Walk	30Min	11:00AM
Brain Breath Therapy	30Min	12:00PM
Lunch	-	1:00PM
Rest & Recharge	-	1:30PM-3:30PM
Prakriti Aroma	60Min	4:00PM
Tea & Snacks	-	5:30PM
Guided Meditation with QRT & DRT	60Min	6:30PM
Dinner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





DAY : 4

Session	Duration	Time
Yoga & Meditation	60Min	7:00AM
Sirodhara	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
Prakriti Aroma	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
Podikizhi	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
Thalapodichil	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
Podikizhi	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
Thalapodhichil	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
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
Tea & Snacks	-	5:30PM
Guided Meditation with QRT & DRT	60Min	6:30PM
Dinner	-	7:30PM





DAY : 8

Session

Breakfast

Checkout

Duration

-

-

Time

8:00AM

10:00AM

