

A Typical Day at SHANTI NATURAL HEALTH CENTER

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| 06.15 – 07:00 AM | Awake to sound of birds with Room service offer of green tea followed by your Prabhathcharya karma. | Room |
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| 07.15 – 08.15 AM | Group / private Yoga Session | Samchith – The Yoga hall |
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| 08.30 – 09.15 AM | Breakfast | Prasadam – The Restaurant |
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| 10.00 – 11.00 AM | Ayurveda Therapy/ massage | Samdosha Treatment Centre |
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| 12.15 – 01.00 PM | Massage /Group Pranayama Session | Samchitha – The Yoga hall |
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| 01.00 – 02.30 PM | Lunch | Prasadam – The Restaurant |

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| 03.15 – 04.00 PM | Group /private Meditation Session | Samchitha – The Yoga hall |
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| 04.00 – 04.45 PM | Ayurveda Therapy | Samdosha Treatment Centre |
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| 05.30 – 06.00 PM | Dincharya | Room |
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| 06.00 PM | Doctor visit | Room |
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| 07.00 – 08.00 PM | Lecture/ Group discussion with Q & A | The sakshi - multi activity centre |
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| 08.00 – 09;00 PM | Dinner | Prasadam – The Restaurant |
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- **2 to 6 doses of traditional Ayurvedic medicines will be administered to the patient's room at correct timing and dosages.**
- **Guest can also utilise the library, Gym cum Physiotherapy centre which will be open from 06.00AM to 10.00AM and from 04.00PM to 07.00PM with prior consultation, at multi activity centre –The Sakshi.**
- **Guest can visit Lavasa and also utilise the swimming pool and Gym facilities at Dasvino Club –Lavasa between 04:45 to 8:00 pm. solely at their discretion.**
- **Guests are requested to strictly follow the schedule of daily routine recommended by the centre, to receive the maximum benefit of the package chosen by the Guest.**
- **Guest has to share all medical records, on arrival with the doctor for case study & body analysis, to determine specific treatment and Ayurvedic doses.**