

# Retreat Schedule

10-Day Ayurveda Panchakarma & Weight Loss Program

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## Day 1 - March 5th

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| 9AM     | - Opening Ceremony and Reception with welcome drink     |
| 10AM    | - Introduction to Ayurveda and the Programme            |
| 10:45AM | - Ayurvedic Doctor consultations will start             |
| 11AM    | - First Treatments commence. Up to 4 People at the time |
| 1PM-2PM | - Lunch   |
| 2:15PM  | - 30min Walk  |
| 2:45PM  | - Tea   |
| 3PM     | - 1h 30min Yoga & Meditation                            |
| 4:30PM  | - Sound Healing   |
| 5:30PM  | - Evening Ayurvedic Ritual                              |
| 6:30PM  | - Dinner  |
| 7:30PM  | - Gathering and Spiritual Talk                          |

# Retreat Schedule

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Day 2 - March 6th

5AM (ideally)	- Ayurvedic Early Morning Routine: <ul style="list-style-type: none"><li>· Face, eye, mouth and Teeth cleansing</li><li>· Tongue Scrubbing</li><li>· Ayurvedic Infusion Drinking (nearly 1L)</li><li>· Bowel Evacuation</li><li>· Gargling (Rock salt water or sesame oil)</li></ul>
6:30AM	- 30min Walk
7:30AM	- Pranayama and Vipassana Meditation
8:30AM	- Preferred Morning Drink
9AM	- Abhyanga treatments (applying herbal oils on the head and body) or Panchakarma according to the doctor.
9AM	- Breakfast open from 9 to 11AM
11:30AM	- Sri-Lankan Ayurvedic cooking classes (introduction to spices and ayurvedic usage)
1PM	- Lunch
3PM	- Ayurvedic Lifestyle Seminar
4:30PM	- Yoga and Meditation (1h30min)
6:30PM	- Dinner
7:30PM	- 30min Walk (1h optional)

# Retreat Schedule

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## Day 3 - March 7th

5AM (ideally)	- Ayurvedic Early Morning Routine: <ul style="list-style-type: none"><li>· Face, eye, mouth and Teeth cleansing</li><li>· Tongue Scrubbing</li><li>· Ayurvedic Infusion Drinking (nearly 1L)</li><li>· Bowel Evacuation</li><li>· Gargling (Rock salt water or sesame oil)</li></ul>
6:30AM	- 30min Walk
7:00AM	- Preferred Morning Drink
8:00AM	- Pranayama and Yoga
9:00AM	- Abhyanga, Swedana, Shirodhara, Pinda Sweda and other treatments according to the doctor.
9AM	- Breakfast open from 9 to 11AM
11:30AM	- Sri-Lankan Ayurvedic cooking classes
1PM	- Lunch
3PM	- Ayurvedic Lifestyle Seminar
4:30PM	- Sound Healing and Meditation (1h30min)
6:30PM	- Dinner
7:30PM	- 30min Walk (1h optional)

# Retreat Schedule

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Day 4 - March 8th

5AM (ideally)	- Ayurvedic Early Morning Routine: <ul style="list-style-type: none"><li>· Face, eye, mouth and Teeth cleansing</li><li>· Tongue Scrubbing</li><li>· Ayurvedic Infusion Drinking (nearly 1L)</li><li>· Bowel Evacuation</li><li>· Gargling (Rock salt water or sesame oil)</li></ul>
6:30AM	- 30min Walk
7:00AM	- Preferred Morning Drink
8:00AM	- Pranayama and Yoga
9:00AM	- Abhyanga, Swedana, Shirodhara, Pinda Sweda and other treatments according to the doctor.
9AM	- Breakfast open from 9 to 11AM
11:30AM	- Sri-Lankan Ayurvedic cooking classes
1PM	- Lunch
3PM	- Pancha butta Seminar(lessons about the 5 senses).
4:30PM	- Mantra Ritual and Meditation (1h30min)
6:30PM	- Dinner
7:30PM	- 30min Walk (1h optional)

# Retreat Schedule

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Day 5 - March 9th

5AM (ideally)	- Ayurvedic Early Morning Routine: <ul style="list-style-type: none"><li>· Face, eye, mouth and Teeth cleansing</li><li>· Tongue Scrubbing</li><li>· Ayurvedic Infusion Drinking (nearly 1L)</li><li>· Bowel Evacuation</li><li>· Gargling (Rock salt water or sesame oil)</li></ul>
6:30AM	- 30min Walk
7:00AM	- Preferred Morning Drink and doctor check-up to schedule the treatments for the coming 5 days.
8:00AM	- Pranayama and Yoga
9:00AM	- Abhyanga, Swedana, Shirodhara, Pinda Sweda and other treatments according to the doctor.
9AM	- Breakfast open from 9 to 11AM
11:30AM	- Sound Healing with Tebetan Bowls.
1PM	- Lunch
3PM	- Spiritual Lifestyle Seminar.
4:30PM	- Pilates (1h30min)
6:30PM	- Dinner
7:30PM	- 30min Walk (1h optional)

# Retreat Schedule

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## Day 6 (Cleansing Period Starts) - March 10th

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| 5AM<br>(ideally) | - Ayurvedic Early Morning Routine: <ul style="list-style-type: none"><li>· Face, eye, mouth and Teeth cleansing</li><li>· Tongue Scrubbing</li><li>· Ayurvedic Infusion Drinking (nearly 1L)</li><li>· Bowel Evacuation</li><li>· Gargling (Rock salt water or sesame oil)</li></ul> |
| 6:30AM           | - 30min Walk   |
| 7:00AM           | - Preferred Morning Drink  |
| 8:00AM           | - Breathing Techniques with Chakra meditation  |
| 9:00AM           | - Abhyanga, Swedana, Shirodhara, Pinda Sweda and other treatments according to the doctor. 4 Hand massage and beauty treatments will be available from this day.   |
| 9AM              | - Breakfast open from 9 to 11AM  |
| 11:30AM          | - Seminar with the Ayurvedic Doctor  |
| 1PM              | - Lunch  |
| 3PM              | - Ayurvedic Massage Lessons.   |
| 4:30PM           | - Hatha Yoga   |
| 6:30PM           | - Dinner   |
| 7:30PM           | - Spiritual Gathering with live music  |

# Retreat Schedule

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Day 7 - March 11th

5AM (ideally)	- Ayurvedic Early Morning Routine: <ul style="list-style-type: none"><li>· Face, eye, mouth and Teeth cleansing</li><li>· Tongue Scrubbing</li><li>· Ayurvedic Infusion Drinking (nearly 1L)</li><li>· Bowel Evacuation</li><li>· Gargling (Rock salt water or sesame oil)</li></ul>
6:30AM	- 30min Walk
7:00AM	- Preferred Morning Drink
8:00AM	- Morning Sunrise Yoga.
9:00AM	- Abhyanga, Swedana, Shirodhara, Pinda Sweda and other treatments according to the doctor.
9AM	- Breakfast open from 9 to 11AM
11:30AM	- Baghavat Ghita and Mantra Classes
1PM	- Lunch
3PM	- Ayurvedic Massage Lessons.
4:30PM	- Pilates Class (1h30min)
6:30PM	- Dinner
7:30PM	- 30min Walking and Early Sleep.

# Retreat Schedule

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Day 8 - March 12th

5AM (ideally)	- Ayurvedic Early Morning Routine: <ul style="list-style-type: none"><li>· Face, eye, mouth and Teeth cleansing</li><li>· Tongue Scrubbing</li><li>· Ayurvedic Infusion Drinking (nearly 1L)</li><li>· Bowel Evacuation</li><li>· Gargling (Rock salt water or sesame oil)</li></ul>
6:30AM	- 30min Walk
7:00AM	- Preferred Morning Drink
8:00AM	- Yoga and Pranayama.
9:00AM	- Abhyanga, Swedana, Shirodhara, Pinda Sweda and other treatments according to the doctor.
9AM	- Breakfast open from 9 to 11AM
11:30AM	- Ayurvedic Secrets and Medicines Classes.
1PM	- Lunch
3PM	- Sound Healing (1h30min).
5PM	- Live Music Gathering.
6:30PM	- Dinner
7:30PM	- 30min Walking and Early Sleep.



# Retreat Schedule

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Day 9 - March 13th

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|------------------|--|
| 5AM<br>(ideally) | - Ayurvedic Early Morning Routine: <ul style="list-style-type: none"><li>· Face, eye, mouth and Teeth cleansing</li><li>· Tongue Scrubbing</li><li>· Ayurvedic Infusion Drinking (nearly 1L)</li><li>· Bowel Evacuation</li><li>· Gargling (Rock salt water or sesame oil)</li></ul> |
| 6:30AM           | - 30min Walk   |
| 7:30AM           | - Pranayama and Vipassana Meditation   |
| 8:30AM           | - Preferred Morning Drink  |
| 9AM              | - Abhyanga, Swedana, Shirodhara, Pinda Sweda and other treatments according to the doctor.   |
| 9AM              | - Breakfast open from 9 to 11AM  |
| 11:30AM          | - Sri-Lankan Ayurvedic cooking classes   |
| 1PM              | - Lunch  |
| 3PM              | - Bagavadh Ghita and Mantra Meditation Class.  |
| 4:30PM           | - Kundalini Yoga (1h30min)   |
| 6:30PM           | - Candlelight Dinner with music.   |
| 7:30PM           | - 30min Walk (1h optional)   |

# Retreat Schedule

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Day 10 - March 14th

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|------------------|--|
| 5AM<br>(ideally) | - Ayurvedic Early Morning Routine: <ul style="list-style-type: none"><li>· Face, eye, mouth and Teeth cleansing</li><li>· Tongue Scrubbing</li><li>· Ayurvedic Infusion Drinking (nearly 1L)</li><li>· Bowel Evacuation</li><li>· Gargling (Rock salt water or sesame oil)</li></ul> |
| 6:30AM           | - 30min Walk   |
| 7:30AM           | - Arati and Pooja  |
| 8:30AM           | - Preferred Morning Drink  |
| 9AM              | - Abhyanga treatments (applying herbal oils on the head and body) or Panchakarma according to the doctor.  |
| 9AM              | - Special Sri-Lankan Breakfast open from 9 to 11AM.  |
| 11:30AM          | - Additional Ayurvedic Treatments.   |
| 1PM              | - Lunch  |
| 3:30PM           | - Static Dance   |
| 5PM              | - Closing ceremony with drinks and farewell gifts.   |

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For Bookings & Inquiries: Contact us to secure your spot for a transformative experience at GEMBURU Wellness Retreat.

SPECIAL OFFER: If you come with two people you receive a 10% discount. Contact us to book your spot and begin your journey toward ultimate balance.

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[www.gemburu-wellness.com](http://www.gemburu-wellness.com)