

ROUTINE OF SADHAKA

<u>Time</u>	<u>Schedule</u>
05:00am	Wake up
05:30am - 06:30am	Yoga
06:30am – 06.45am	Pranayama
06:45am - 07:00am	Kriyas
07:05am - 07:35am	Doctors rounds and Herbal Drink
07:45am - 08.00am	Juice timings
08:00am - 08:30am	Morning walk
08:30am - 09-00am	MPK & EPK(mud pack and eye pack)
09:00am - 09:30pm	Breakfast (As prescribed by doctor)
09:30pm - 11:30pm	Treatment session
11:30pm - 12:30pm	Lunch(As prescribed by doctor)
12:30pm - 01:30pm	Rest
01:30pm - 02:00pm	MPK & EPK(mud pack and eye pack)
02:00pm - 02:30pm	Juice
02:30pm - 04:30pm	Treatment Session
04:30pm - 05:00pm	Recreation
05:00pm - 05:30pm	Fruits / Juice
05:30pm - 06:00pm	Walking
06:00pm - 06:30pm	Prayer (bhajana)
06:30pm – 07:30pm	Dinner
07:30pm - 08:30pm	Discussion on Health
08:30- 09:00pm	Night Treatment(only if necessary)
09:00pm	Rest

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