

ROUTINE OF SADHAKA

TIME	SCHEDULE
05:00am	Wake up
05:30am - 06:30am	Yoga
06:30am – 06:45am	Pranayama
06:45am – 07:00am	Kriyas
07:05am – 07:35am	Doctors consultation, follow-up and Herbal Drinks
07:45am – 08:00am	Juice timing
08:00am – 08:30am	Morning Walk
08:30am – 09-00am	MPK & EPK (mud pack and eye pack)
09:00am- 09.30am	Breakfast (As prescribed by Doctors)
09.30am – 11.30am	Treatment Session
11:30am – 12:30pm	Lunch (As prescribed by Doctors)
12:30pm – 02.00pm	Rest
02:00pm – 02:30pm	Juice
02:30pm -04:30pm	Treatment Session
04:30pm – 05:00pm	Fruits/ Juice
05:00pm – 06:00pm	Recreation Time
06:00pm – 06.30pm	Prayer (Bhajanās)
06:30pm – 07:30pm	Dinner
07:30pm – 08:30pm	Discussion on Health
08:30pm – 09:00pm	Night Treatment (Only if necessary)
09:00 pm	Rest

**FOR EMERGENCY CONTACT: 6361708208
6360509431**