

SAMPLE DAY

The Healthy Living - Longevity Retreat

- 08.30 **Yoga by the beach** — A morning practice by the sea to begin the day.
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- 09.30 **Breakfast** — AYURAH Light Detox cuisine, or individualised gentle fasting options.
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- 11.00 **Floatation Experience** — A private floatation session for deep physical rest.
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- 12.30 **Lunch** — AYURAH Light Detox cuisine, or individualised gentle fasting options.
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- 15.00 **Strength and Conditioning** — Training set to your level.
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- 17.00 **Hot Stone Massage** — Your private therapeutic treatment for the day.
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- 19.00 **Dinner** — AYURAH Light Detox cuisine, built around a healthy culture of eating.
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- 21.00 **Sleep Turndown Ritual** — A quiet close to the day and preparation for restful sleep.
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This is an example day; your days are adapted to you.