

## SATYAWATI YOG EVAM PRAKRITIK CHIKITSA KENDRA

59, MELA RAM FARM, SEWADHAM ROAD, MANDAULI, GHAZIABAD (UP)

NATUROPATHY TREATMENT - RESIDENTIAL CAMP

24 DECEMBER 2023- 02 JANUARY 2024

|                     |   |
|---------------------|---|
| MORNING 5.00 AM     | GET UP AND LEAVE THE BED FOR BRAHM MUHURAT  |
| 5.05 A.M            | USHAPAN – WATER/ALOVERA JUICE/WHEATGRASS JUICE/KARELA/JAMUN JUICE/GAUMUTRA ETC.               |
| 5.15 TO 5.45 AM     | SHAUCH – ENIMA - BATH   |
| 5.45 TO 6.30 AM     | MORNING WALK/BRISK WALK   |
| 6.30 – 7.30 A.M     | LEMON TEA/KADHA<br>YOGA CLASS   |
| 8.00 A.M – 12.00 PM | ANJEER/GHIYA JUICE<br>NATUROPATHY TREATMENT/PANCHKARM/SHATKARM<br>- NARIYAL PANI (IN BETWEEN) |
| 12.00 P.M           | SPROUTED FOOD/FRUITS/VEGITABLE SALAD  |
| 12.30 P.M – 1.00 PM | ACCUPRESSURE  |
| 1.00 PM – 2.00 PM   | LUNCH WITH CHHACHH  |
| 2.00 – 4.00 PM      | REST  |
| 4.00 – 6.00 PM      | NATUROPATHY TREATMENT/PANCHKARM/SHATKARM<br>EVENING WALK/YOGA CLASS                           |
| 6.00 – 7.00 PM      | MEDITATION  |
| 7.00 – 8.00 PM      | VEGITABLE SOUP + DINNER   |
| 8.00 P.M            | HEALTHY TOPIC DISCUSSION WITH LEMON TEA   |
| 9.00 P.M.           | TIME FOR SLEEP  |

### NOTE:

- DIET AND OTHER ACTIVITIES CAN BE CHANGED AS PER THE DISEASE AND PATIENT.
- MOBILE RESTRICTIONS FROM 5.30 AM TO 2.00 P.M. AND 4.00 PM TO 8.00 P.M – IN CASE OF EXIGENCIES/UNAVOIDABLE CIRCUMSTANCES, THE MOBILE NUMBER OF CENTRE STAFF CAN BE SHARED TO PROVIDE THE INFORMATION AND TALK, IF NECESSARY.
- PLEASE TAKE CARE OF YOUR BELONGINGS YOURSELF.

### CHARGES:

| APPLICABLE RATES                                | FIXED FOR THIS CAMP |                 |
|---|---------------------|-----------------|
|   | GENERAL             | PREMIUM MEMBERS |
| DORMATORY 2000                                  | 1500                | 1000            |
| DOUBLE BEDROOM 3000                             | 2000                | 1500            |
| DOUBLE BEDROOM (WITH ATTACHED TOILET/BATH) 4000 | 2500                | 2000            |