

# Panchakarma Daily Schedule

## Drs. Carrie Demers, MD & Terri Oswald, MD

*(all therapeutic services will be provided at the PRWC)*

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### Thursday

4 pm	Check-In
5 - 6 pm	All-levels Yoga Class (optional; location on lobby board)
6 pm	Optional Prayers and Meditation   <i>Sri Vidya Shrine</i>
6 - 7 pm	Dinner (Main Dining Room)
<b>7:00 - 8:30 pm</b>	<b>Orientation &amp; Introduction</b>

### Friday

6 am	Optional Prayers and Meditation   <i>Sri Vidya Shrine</i>
<b>7:00 - 8:00 am</b>	<b>All Levels Yoga Class</b>
7:30 - 8:30 am	Breakfast
<b>9:00 am - 12:30 pm</b>	<b>Massage/Shirodhara/Steam OR Health Consultations</b>
12:30 - 1:30 pm	Lunch
<b>2:00 - 5:30 pm</b>	<b>Massage/Shirodhara/Steam OR Health Consultations</b>
6 pm	Optional Prayers and Meditation   <i>Sri Vidya Shrine</i>
6 - 7 pm	Dinner
<b>7:00 - 8:30 pm</b>	<b>Lecture: "Introduction to Ayurveda"</b>

### Saturday

6 am	Optional Prayers and Meditation   <i>Sri Vidya Shrine</i>
<b>7:00 - 8:00 am</b>	<b>All Levels Yoga Class</b>
7:30 - 8:30 am	Breakfast
<b>9:00 am - 12:30 pm</b>	<b>Massage/Shirodhara/Steam OR Free Time</b>
12:30 - 1:30 pm	Lunch
<b>2:00 - 5:30 pm</b>	<b>Massage/Shirodhara/Steam OR Free Time</b>
6 pm	Optional Prayers and Meditation   <i>Sri Vidya Shrine</i>
6 - 7 pm	Dinner
<b>7:00 - 8:30 pm</b>	<b>Lecture: "Breathe, Relax &amp; Meditate"</b>

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### Sunday

6 am	Optional Prayers and Meditation   <i>Sri Vidya Shrine</i>
<b>7:00 - 8:00 am</b>	<b>All Levels Yoga Class</b>
7:30 - 8:30 am	Breakfast
<b>9:00 am - 12:30 pm</b>	<b>Massage/Shirodhara/Steam OR Free Time</b>
12:30 - 1:30 pm	Lunch
<b>2:00 - 5:30 pm</b>	<b>Massage/Shirodhara/Steam OR Free Time</b>
6 pm	Optional Prayers and Meditation   <i>Sri Vidya Shrine</i>
6 - 7 pm	Dinner
<b>7:00 - 8:30 pm</b>	<b>Lecture: "Transitioning Back to Life" with Nema Nyar</b>

### Monday

6 am	Optional Prayers and Meditation   <i>Sri Vidya Shrine</i>
<b>7:00 - 8:00 am</b>	<b>All Levels Yoga Class</b>
7:30 - 8:30 am	Breakfast (Main Dining Room)
<b>9:00 am - 12:30 pm</b>	<b>Individual Wrap Up Sessions</b>
12:30 - 1:30 pm	Lunch

Freshly made organic juices will be available twice daily:  
Morning (9:45 am) and Afternoon (after 3:00 pm)