

Daily Schedule at Sutra Rejuvenate Home in Palwal

Day Time	Activity	Information
5.00 am	Wake up	<ul style="list-style-type: none"> Hypertonic salt solution in the room for purgation
6 – 7 am	Massage with Herbal Oil	<ul style="list-style-type: none"> Abhyanga Room
6 - 7 am	Aarti & Prayer	In parallel
7.00-7.45 am	Yoga, Pranayama and Meditation	Online or Offline
7.45 – 8 pm	Kaada with Herbal extracts	Honey, Gur, Green chutani
8 – 8.30 am	Nature Walk, Sun Bath	Take Photos, Absorb the beauty and energy
8.30 am	Check your urine sugar, weight and B.P	Record in Digital EHR App
8.30 - 10 am	Breakfast of Salads, Fruits, Khichuri	Soothing Music in banground
10 to 11 am	Rest, Sleep	
11.00-12 am	Gardening, Playing with Pets	
12 – 1 pm	Shirodhara	Shirodhara room
1- 2 am	Lunch of Salads, Ftuits and Khichuri	Sufficient fruit should be eaten ; First taste the salad to avoid wastage
2-3 pm	Try to take complete rest	
3-4 pm	Talk, followed by discussion on heath and wellness	
4 - 5 pm	Kada/Soup/Coconut Water/ Lemon water / Juices/soups	As prescribed
5-6 pm	Evening Nature Walk	Take Photos, Absorb the beauty and energy
6-7 pm	Yoga, Pranayam, Meditation	Online or Offline
7 - 8 pm	Dinner 2 veggies, dalia/fruit/juice/soup/millets	
9-8 pm	Dance/skit/Music	Take Photos, Absorb the collective energy
9 – 9.30 pm	Free time to call, check msgs	Go to Bed