



Day at Amal- Your Dinacharya

TIME	EVENT	VENUE
		An automated wakeup call will be given at 6.00 am every day. You may inform the Doctor or Service Centre if the wakeup call is not required.
06.00 AM	Wakeup call	Yoga Peedam/ any location advised by yoga instructor
06.30 AM	Agnihothram	Yoga Peedam/ any location advised by yoga instructor
06.40 AM	Yoga	Treatment Rooms
07.00 AM – 06.00 PM	Treatments	Oottupura
07.30 AM - 10.30 AM	Break fast	Oottupura
12.30 PM - 02.30 PM	Lunch	Oottupura
04.00 PM – 05.00 PM	Healthy Bites	Yoga Peedam
05.00 PM – 06.00 PM	Yoga	Yoga Peedam
06.00 PM – 06.30 PM	Dhyanam	Yoga Peedam
06.30 PM	Deepam	
06.35 PM – 07.30 PM	Instrumental music/ Cultural activity	Nalukettu/ Yoga Peedam (on selected days)
06.30 PM to 08.00 PM	Dinner	Oottupura