

# PERFECT HEALTH: I-CAN 6-DAY PROGRAM

## SAMPLE SCHEDULE



Omni La Costa Resort & Spa | Carlsbad, CA

### SUNDAY

3:30 – 4:00 p.m.	Guest Check-In
4:00 – 4:30 p.m.	Research Study Orientation
4:45 – 5:45 p.m.	Program Orientation
10:00 p.m.	No Food Intake

### MONDAY

Cortisol testing 4 points during the day	
6:00 – 9:00 a.m.	<b>Research Study Assessments</b>
9:00 – 10:30 a.m.	Doshas
10:30 – 11:30 a.m.	Ayurvedic Massage Treatment*
12:00 – 2:00 p.m.	Lunch
3:00 – 4:30 p.m.	Intro to <i>Primordial Sound Meditation</i>
4:45 – 5:45 p.m.	Mantra Sessions
6:00 – 6:30 p.m.	Group Meditation

### TUESDAY

7:00 – 7:45 a.m.	<i>Seven Spiritual Laws of Yoga/Walk</i>
8:00 – 8:30 a.m.	Group Meditation
8:30 – 9:00 a.m.	Breakfast
9:00 – 10:30 a.m.	Nutrition
10:30 – 11:30 a.m.	Mind-Body Medical Consultation*
12:00 – 2:00 p.m.	Silent Lunch
3:00 – 4:10 p.m.	Meditation Follow Up
4:15 – 5:15 p.m.	Understanding your Ayurvedic Bodywork & Meditation
5:30 – 6:30 p.m.	<i>Seven Spiritual Laws of Yoga</i>

### WEDNESDAY

7:00 – 7:45 a.m.	<i>Seven Spiritual Laws of Yoga/Walk</i>
8:00 – 8:30 a.m.	Group Meditation
8:30 – 9:00 a.m.	Breakfast
9:00 – 10:30 a.m.	Emotions
12:00 – 2:00 p.m.	Lunch
1:30 – 2:30 p.m.	Ayurvedic Massage Treatment*
3:00 – 4:30 p.m.	Higher States
4:45 – 5:15 p.m.	Group Meditation
5:30 – 6:30 p.m.	<i>Seven Spiritual Laws of Yoga</i>

### THURSDAY

7:00 – 7:45 a.m.	<i>Seven Spiritual Laws of Yoga/Walk</i>
8:00 – 8:30 a.m.	Group Meditation
8:30 – 9:00 a.m.	Breakfast
9:00 – 10:30 a.m.	Inner Pharmacy
12:00 – 2:00 p.m.	Lunch
1:00 – 1:30 p.m.	Ayurvedic Follow-Up*
3:00 – 4:30 p.m.	Yoga Lifestyle
4:45 – 5:15 p.m.	Group Meditation
5:30 – 6:30 p.m.	<i>Seven Spiritual Laws of Yoga/ Groove</i>

### FRIDAY

7:00 – 7:45 a.m.	<i>Seven Spiritual Laws of Yoga/Walk</i>
8:00 – 8:30 a.m.	Group Meditation
8:30 – 9:00 a.m.	Breakfast
9:00 – 10:30 a.m.	Daily Routine
12:00 – 1:00 p.m.	Ayurvedic Massage Treatment*
12:00 – 2:00 p.m.	Lunch
3:00 – 4:30 p.m.	Integration
4:45 – 5:15 p.m.	Group Meditation
5:30 – 6:30 p.m.	<i>Seven Spiritual Laws of Yoga</i>
10:00 p.m.	No Food Intake

### SATURDAY

Cortisol testing 4 points during the day	
6:00 – 9:00 a.m.	<b>Research Study Assessments</b>
7:30 – 8:30 a.m.	<i>Seven Spiritual Laws of Yoga</i>
7:30 – 10:00 a.m.	Breakfast
8:45 – 9:15 a.m.	Group Meditation
12:00 – 2:00 p.m.	Lunch
12:00 – 12:30 p.m.	Group Meditation
12:45 – 1:45 p.m.	<i>Seven Spiritual Laws of Yoga</i>
3:00 – 4:30 p.m.	Ayurvedic Massage Treatment*

**NOTE:** Please have questionnaires completed by Saturday at 4:30 p.m.  
**NOTE:** Please have cortisol test kit returned to research team by Sunday morning before departure.

\* Please note the following appointments will vary:

1. Mind-Body Medical Consultation
2. Ayurvedic Massage Treatment
3. Ayurvedic Follow-Up

- There is free time during the day to relax, journal and enjoy the amenities at Omni La Costa Resort and Spa.
- Please refer to your welcome packet or connect with your program consultant for current registration times.
- This sample schedule is subject to change without notice.



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