

TYPICAL FASTING DAY AT BEDARRA LODGE

The days of cleansing

Upon rising, drink refreshing cool water.

Then clean teeth, scrap the tongue to remove any detoxification coating as previously instructed, as well as gargling and clearing the throat area.

6 am- Optional depending on how you are feeling.

Gentle yoga to help with the cleansing process and specific meditation and breathing practices to cleanse the mind, in the sadhana room.
Everyone Welcome.

7 am- Meet at observation dining area, just near the beach and below pool and cabana relaxation area.

Start the morning with refreshing organic lime and rainforest honey juice.
At least 2 full glasses.

Fill personal drinking bottle in preparation for beach and rainforest walk.
45 minute walk.....Optional-vigorous or meditation walk—up to you

8 am- Return for breakfast juice...say cleansing juice of perhaps de- toxing papaya or carrot, apple, ginger, and cucumber—WE WILL HELP YOU BE CREATIVE!

Plus a fresh herbal tea such as mint and lemon grass to aid and sooth the digestive process happening in your body.

After breakfast juices, return to your room to rest and prepare for more cleansing and pampering treatments in the medi- spa and clinic rooms.

(The days of fasting are an important time to be well aware of your limitations. Don't push yourself).

Take things especially easy. Listen to your body and enjoy the healing environment around you.

You may start to experience a few aches and pains, maybe feel tired and lethargic, headache or generally off colour.

This is known as the healing crisis when the body is working hard to eliminate unwanted toxins.

Allow the time to pass naturally and without resistance.

It is important to fill in your daily diary and inform your therapist of how you are feeling.

Try to drink fluids every hour to aid the elimination and de-toxification process. We are all different, and the fasting experience is different for all of us. Our trained staff is there for you and will help this crisis time from the fast, to pass with ease and calmness.)

9am- It is appropriate to have a deep tissue massage to help with the elimination process. Working on acupuncture points and of course lymphatic drainage to help the body detoxify

10.30 Morning tea....More organic nourishing juices such as Papaya (pawpaw), lemon and mango. Fresh herbal tea such as chamomile and peppermint. Depending on how you are feeling, it may be time to help your system and bowels by having an enema.

This is done under supervision by our trained staff.

It is all part of the process! Don't be concerned, it is no big deal and it is done with discretion.

Then return to your room and rest.

12.30pm- Meet at the observation dining deck for lunch. This will involve more organic juices and a nourishing, cleansing soup such as sweet potato, leek, broccoli, garlic and cumin. More cleansing fresh herb teas. More rest, maybe around the pool under a Bali pavilion, lie on the sand at the beach in the shade of the palms in the hot tropical afternoon or a healing reiki treatment with our famous oriental facial massage to help relax and soothe the face and whole body.

Perhaps try art therapy. Always a popular choice and people love to return home with their own master pieces on canvas.

2.30 pm- Afternoon tea-.More juices and / or herbal ginger tea.

3.00-4.30 pm- Specialized Meditation, yoga and body work sessions with helpful discussions on what is happening to your body and mind as well as ways to change in the future.

4.30 – 6.00 pm- Your Time- perhaps a walk in the rainforest or on the beach, a swim in our beautiful rainforest saltwater pool, or maybe listening to one of Jenny kidnie's audio-healing therapies- depending on your individualized programs.

5.45 -6.00 pm- Bird feeding time at the observation Deck.

6.00 pm- Dinner at the observation dining area- More juices to help your body rid itself of toxins.

Nourishing broth of potato, chive and onion and garlic.
Herbal tea.

7.00 pm- Meditation- in Sadhana room. Strengthening mind, body and soul!
Evening herbal tea or lime and honey in the lounge area.
Hand in daily questionnaire at reception.

8.30 pm-Time to retire. You may like to read, or listen to one of Jenny's audio healing recordings or perhaps like everyone else sleep like a baby from all the oxygen enriched rain forest atmosphere.