

DAY BEFORE LEAVING BEDARRA LODGE

Our experience of this day is that people are now feeling energetic, light, enthusiastic and positive about life in general, with a wonderful feeling of being alive and full of achievement!

It is the day to gently return to an educated normal eating regime.

6am- Gentle yoga and Meditation in the Sadhana room. All guests welcome!

Most people will have experienced dynamic amounts of energy returning to their whole systems by this time and truly enjoy these sessions.

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

Start the morning with mint, organic lime and rainforest honey juice.
At least 2 full glasses to rehydrate the system.

Fill personal drinking bottle in preparation for beach and rainforest walk.

45 minute walk that EVERYBODY GROWS TO LOVE NOW...it's magic!!!
Optional-vigorous or meditation walk. (up to you).

8 am- Tasty stewed apricots with slithers of almonds or apple with cinnamon and pure healthy organic yogurt with acidophilus for breakfast perhaps? Oats soaked in pure orange juice, with any tropical fruit you may desire.

And to finish off, organic whole meal or rye toast with homemade fig and almond jam and of course, fresh juices including Papaya which you will have grown to love due to it's wonderful taste and the wonderful effects has on your body.

A selection of herbal teas will also be available.

9 am- Time to enjoy the last day of individual therapy treatments at the Medi Spa.

Your treatment may be a deep tissue massage focusing on the specific areas in your body needing attention or a complete body re- hydration spa session.

Maybe a special body pack to nourish and rejuvenate the skin, as well as an oriental facial massage to soothe any tension lines from the past or a Reiki or Qigong session to help heal those internal problem areas.

10.30 am- Morning Tea. Refreshing organic nourishing juices to keep your body hydrated such as organic cranberry with mint or New Guinea papaya with passion fruit and lemon.

11 am- Perhaps a private session with a visiting specialist or an individualized lesson in Tai Chi. Perhaps your last internal cleanse, if you want

Finish off a project you started in the garden, that book you've been reading or that art therapy you always felt the desire to try and now you have; always a popular choice as people love to return home with their own master pieces on canvas.

12.30 pm- Lunch will be a selection of tasty organic salads such as beetroot, dill and sesame seeds, or pineapple, lime and coconut, or onion and watermelon and mint....depending on the day and seasonal availability.

Freshly made vegetarian Vietnamese rolls with a satay or lime juice sauce. Finished off with fresh fruit and herbal tea.

1.30 pm- Rest time or perhaps a swim in the pool or languish under a shady palm on the beach in the tropical heat. (Up to you).

Fill in your health assessment and feedback sheet

2.30 pm- Afternoon tea...more juices and / herbal tea.

3.00 – 4.30 pm- Yoga and meditation.

Finishing up with a discussion on "Life back in the real world".

4.30 -6.00 pm- YOUR TIME. Perhaps a walk and last reflection on your stay or your life; maybe make some decisions. Visit the library or just relax in our rainforest valley.

5.45 -6.00 pm- Bird feeding at the observation deck.

6.00 pm- A healthy but light feast for the farewell dinner at the observation dining area or the beach.

7.00 pm- Meditation and then assessing time at Bedarra Lodge in the Sadhana room.

8.30 pm- Evening herbal tea or lime and honey. Contemplate and enjoy your last night at the lodge. Time to retire, pack and ready yourself to return home tomorrow morning.