

# MENOPAUSE RESET *with* NATUROPATHY

This programme schedule blends ancient elemental wisdom with modern symptom-focused therapies to provide a holistic, nurturing experience for menopausal wellness. Each day fosters healing through connection with nature, mindful practices, and personalized care.

## DAY 1 – ELEMENT EARTH / PRITHVI

**Objective:** Grounding, Strength, Stability

6:30 - 8:00 am	Pranayama and Yoga
8:00 am	Energy Drink
8:30 am	Nature Walk & Mindful Meditation (Prakruti Upasana) <i>A guided meditative walk focusing on breath awareness, grounding, and connection with nature through the Earth element</i>
10:00 am	Raw Brunch
11:00 am	Symptom-Specific Therapy – Mud Therapy & Reflexology <i>Targeting joint pain, osteoporosis, and sluggish digestion with earth-element therapies</i>
12:15 pm / 3:15 pm	Yoga Nidra
5:00 pm	Health Talk / Raw Culinary Training
5:30 pm	Wholesome Raw Dinner
6:15 pm	Evening Reflection & Guided Meditation

## DAY 2 – ELEMENT WATER / JAL

**Objective:** Emotional Balance, Hydration

6:30 - 8:00 am	Pranayama, Yoga & Kriya
8:00 am	Energy Drink
8:30 am	Nature Walk & Mindful Meditation (Prakruti Upasana) <i>Focused on breath awareness and connection with nature via the Water element</i>
10:00 am	Raw Brunch
11:00 am	Symptom-Specific Therapy –Hydrotherapy (Cold Hip Bath Salt Therapy, Aqua Yoga) <i>Aimed at vaginal dryness, bloating, and mood swings</i>
12:15 pm / 3:15 pm	Yoga Nidra
5:00 pm	Health Talk / Raw Culinary Training
5:30 pm	Wholesome Raw Dinner
6:15 pm	Evening Reflection & Guided Meditation

## DAY 3 – ELEMENT FIRE / AGNI

**Objective:** Metabolism, Digestion, Vitality

6:30 - 8:00 am	Pranayama and Yoga
8:00 am	Energy Drink
8:30 am	Nature Walk & Mindful Meditation (Prakruti Upasana) <i>Engaging breath and awareness through the Fire element</i>
10:00 am	Raw Brunch
11:00 am	Symptom-Specific Therapy –Heliotherapy & Diet <i>Addressing hot flashes, slow metabolism, and weight gain</i>
12:15 pm / 3:15 pm	Yoga Nidra
5:00 pm	Health Talk / Raw Culinary Training
5:30 pm	Wholesome Raw Dinner
6:15 pm	Evening Reflection & Guided Meditation

## DAY 4 – ELEMENT AIR / VAAYU

**Objective:** Breath, Energy Flow, Circulation

6:30 - 8:00 am	Pranayama and Yoga
8:00 am	Energy Drink
8:30 am	Nature Walk & Mindful Meditation (Prakruti Upasana) <i>A focus on breath awareness and nature connection through the Air element</i>
10:00 am	Raw Brunch
11:00 am	Symptom-Specific Therapy – Acupuncture & Pranayama <i>Supporting memory fog, anxiety, and low libido</i>
12:15 pm / 3:15 pm	Yoga Nidra
5:00 pm	Health Talk / Raw Culinary Training
5:30 pm	Wholesome Raw Dinner
6:15 pm	Evening Reflection & Guided Meditation

## DAY 5 – ELEMENT SPACE / AKAASHA

**Objective:** Sleep, Mental Clarity, Spirituality

6:30 - 8:00 am	Pranayama and Yoga
8:00 am	Energy Drink
8:30 am	Nature Walk & Mindful Meditation (Prakruti Upasana) <i>Connecting breath and awareness to the Space element</i>
10:00 am	Raw Brunch
11:00 am	Symptom-Specific Therapy – Mind-Body Medicine / Kala Upasana <i>Focused on insomnia, nervous tension, and hormone imbalances</i>
12:15 pm / 3:15 pm	Yoga Nidra
5:00 pm	Health Talk / Raw Culinary Training
5:30 pm	Wholesome Raw Dinner
6:15 pm	Evening Reflection & Guided Meditation