## <u>Anti-stress and burn-out treatment programme (12 days – 70 treatments)</u>

Treatments		Days												
		1	2	3	4	5	6	7	8	9	10	11	12	
1	Pulse diagnosis													
2	Head massage/Shirodhara (15 min)													
3	Face massage (15 min)													
4	Foot massage (15 min)													
5	Body massage/Bundle massage/Sweating treatment (30 min)		Depend on the person											
6	Yoga (1 hr)													
7	Meditation (1 hr)													
8	Counseling and DMR (Deep Mental Relaxation – breathing exercises) (1 hr)													