

7-Day Retreat — Health & Preparation Guidelines

Before arrival:

- Be well-hydrated and rest fully the night before travel.
- Avoid alcohol and recreational drugs for 72 hours prior.
- Bring copies of prescriptions, test reports and any medical devices.
- Wear comfortable clothing suitable for gentle movement and meditation.
- Inform us about allergies and implants.

On arrival:

- Complete baseline forms and submit any printed tests.
- Attend orientation for dietary guidelines and daily schedule.

Emergency:

- Contact clinical lead: info@vividashram.com