

## WELLNESS ACTIVITIES CALENDAR (effective 01.02.19)

Date/ time	8.00-8.50	9.00-9.50	10.30-11.00 Wellness talks Complimentary	14.00-14.30 Complimentary	15.00-15.50	16.00-16.50	17.00-17.50
<b>Monday</b>	<b>Kundalini Meditation with Leela Isani</b> complimentary	Muay Thai @ Fitness studio 800++/pax	Sleep and health @ HOTEL LIBRARY	Walking meditation @ the beach – meet at spa reception 13.55		Aqua exercise @ the Retreat 800++/pax	Yin Yang yoga @ Yoga sala 800++/pax
<b>Tuesday</b>	Gentle morning yoga @ Yoga sala 800++/pax	Meditation @ Yoga sala 800++/pax	<b>Introduction to Self-Healing Ritual with Leela Isani</b>	Breathing exercise @yoga sala	Muay Thai @ Fitness studio 800++/pax	Stretching & Fitball @ Fitness studio 800++/pax	Vinyasa yoga @ Yoga sala 800++/pax
<b>Wednesday</b>	<b>Nadabrahma Meditation with Leela Isani</b> complimentary	Muay Thai @ Fitness studio 800++/pax		Little stretch @yoga sala		Pilates mat class @ Fitness studio 800++/pax	Vinyasa yoga @ Yoga sala 800++/pax
<b>Thursday</b>	Gentle morning yoga @ Yoga sala 800++/pax	HIIT workout @Fitness studio 800++/pax	<b>Introduction to Self-Healing Ritual with Leela Isani</b>	Breathing exercise @yoga sala	Muay Thai @ Fitness studio 800++/pax	Aqua exercise @ the Retreat 800++/pax	Vinyasa yoga @ Yoga sala 800++/pax
<b>Friday</b>	Gentle morning yoga @ Yoga sala 800++/pax	Meditation @ Yoga sala 800++/pax	Colour healing @ HOTEL LIBRARY	Lower back pain relief exercise @yoga sala		Muay Thai @ Fitness studio 800++/pax	Yin Yang yoga @ Yoga sala 800++/pax
<b>Saturday</b> Sunrise yoga 6.30-7.20am @Sun & Moon Complimentary	<b>Meditation in Motion with Leela Isani</b> complimentary	Pilates mat class @ Fitness studio 800++/pax	Why you have back pain @ HOTEL LIBRARY	Walking meditation @ the beach – meet at spa reception 13.55	Muay Thai @ Fitness studio 800++/pax	HIIT workout @Fitness studio 800++/pax	Yin yoga – deep stretch @ Yoga sala 800++/pax
<b>Sunday</b>	Gentle morning yoga @ Yoga sala 800++/pax	Meditation @ Yoga sala 800++/pax	<b>Introduction to Self-Healing Ritual with Leela Isani</b>	Little stretch @yoga sala		Muay Thai @ Fitness studio 800++/pax	Vinyasa yoga @ Yoga sala 800++/pax

- Venue of activities can be changed according to weather condition. This schedule is subject to change without notice
- 5 class pass can be purchased for 3,000++, valid for all group classes
- All rates are subject to 10% service charge and 7% government tax
- Vinyasa yoga is most suitable for those with experience practicing yoga. Yin Yang yoga is a combination of active yoga followed by deep stretching.

## OTHER FITNESS & YOGA SESSIONS

In addition to our class schedule, we offer the following sessions in order to customize and deepen your fitness or yoga practice:

	<p><b>Yoga</b> 2,200++ for individual private session 2,800++ for couple</p>	<p><b>Meditation</b> 2,800++ for individual private session 3,400++ for couple</p>	
<p><b>TRX</b> 2,200++ for individual private session 2,800++ for couple</p>	<p><b>Swimming lesson for adults</b> 2,200++ for individual private session</p>	<p><b>Core bag and kettlebell training</b> 2,200++ for individual private session 2,800++ for couple</p>	<p><b>Muay Thai</b> 2,200++ for individual private session 2,800++ for couple</p>
<p><b>Kayak or stand-up paddle board*</b> 1,200++ per hour per person</p>	<p><b>Pelvic floor and lower abdominal strengthening*</b> 3,200++ for individual private session *with physiotherapist</p>	<p><b>Tennis*</b> 1,200++ per hour with tennis partner</p>	<p><b>Pilates reformer</b> 2,200++ for individual private session 2,800++ for couple</p>

- \*Kayaks and paddle boards are available for lending, free of charge
- \*Tennis court is available free of charge, booking in 1 hour slots. Tennis partner, if booked, is at basic level only
- All rates are subject to 10% service charge and 7% government tax
- To book a class or private session please visit or call the spa reception (7701) or the fitness centre (7815) between 10am-8pm
- Please book 1 day in advance for private sessions