

WELLNESS ACTIVITIES CALENDAR (effective 05.02.19)

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
Monday	Heart Meditation with Leela Isani (active) 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
Tuesday	Gentle morning yoga @ Yoga sala 800++/pax	Meditation @ Yoga sala 800++/pax	Introduction to Self-Healing Ritual with Leela Isani	Breathing exercise @yoga sala	Muay Thai @ Fitness studio 800++/pax	Stretching & Fitball @ Fitness studio 800++/pax	Vinyasa yoga @ Yoga sala 800++/pax
Wednesday	Nadabrahma Meditation with Leela Isani complimentary	Muay Thai @ Fitness studio 800++/pax		Little stretch @yoga sala		Pilates mat class @ Fitness studio 800++/pax	Vinyasa yoga @ Yoga sala 800++/pax
Thursday	Gentle morning yoga @ Yoga sala 800++/pax	HIIT workout @Fitness studio 800++/pax	Introduction to Self-Healing Ritual with Leela Isani	Breathing exercise @yoga sala	Muay Thai @ Fitness studio 800++/pax	Aqua exercise @ the Retreat 800++/pax	Vinyasa yoga @ Yoga sala 800++/pax
Friday	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
Saturday Sunrise yoga 6.30-7.20am @Sun & Moon Complimentary	Meditation in Motion with Leela Isani complimentary	Pilates mat class @ Fitness studio 800++/pax	'Tech neck' and what you can do about it @ 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
Sunday	Gentle morning yoga @ Yoga sala 800++/pax	Meditation @ Yoga sala 800++/pax	Introduction to Self-Healing Ritual with Leela Isani	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:

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

- *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