



WEEKLY ACTIVITY PROGRAM

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
09:00 - 09:45	Hatha Yoga	Hatha Yoga	Hatha Yoga	Hatha Yoga	Hatha Yoga	Hatha Yoga	Hatha Yoga
10:15 - 10:45	Nature Of Life Meditation	Open Your Mind Meditation	Breathing Balance Meditation	Nature Of Life Meditation	Open Your Mind Meditation	Breathing Balance Meditation	Nature Of Life Meditation
14:15 - 15:00	Vinyasa Flow	Vinyasa Flow	Vinyasa Flow	Vinyasa Flow	Vinyasa Flow	Vinyasa Flow	Vinyasa Flow
15:30 - 16:00	Tai Chi	Tai Chi	Tai Chi	Tai Chi	Tai Chi	Tai Chi	Tai Chi
16:15 - 16:45	Hatha Flow	Vinyasa Flow	Hatha Flow	Vinyasa Flow	Hatha Flow	Vinyasa Flow	Hatha Flow

Therapeutic yoga is also available for specific health conditions.
 For bookings and reservations, please visit the spa reception or hit the 'Spa' button on your in-room telephone.