



WELLBEING PROGRAM

	MONDAY / EARTH	TUESDAY / WATER	WEDNESDAY / FIRE	THURSDAY / AIR	FRIDAY / ETHER	SATURDAY	SUNDAY
7:30		MORNING BEACH RUN 30 min / included <i>Meet at Wimbi / Beach</i>				BEACH WALK WITH A PURPOSE 30 min / included <i>Meet at Wimbi / Beach</i>	
8:30	CACAO CEREMONY & GROUNDING YOGA Jungle Deck / Spice Garden 60 min / USD 50 pers. <i>Meet at Reception</i> BOOK AHEAD	SUP YOGA & FLOW WITH THE WAVES MEDITATION Wimbi / Beach 60 min / USD 30 pers. <i>Limited space</i> BOOK AHEAD	DANCE MEDICINE THERAPY & YOGA Yoga Deck 60 min / USD 30 pers.	BREATHING ALCHEMY & YOGA TO OPEN YOUR HEART Jungle Deck / Spice Garden 60 min / USD 30 pers. <i>Meet at Reception</i>	REIKI CHAKRA ENERGY HEALING Yoga Deck 60 min / USD 30 pers. BOOK AHEAD	LAUGHING RELAXING YOGA Yoga Deck 60 min / USD 30 pers.	
15:30	GRATITUDE HATHA YOGA Yoga Deck 60 min / included	DETOX HATHA YOGA Yoga Deck 60 min / included	PRANAYAMA & HATHA YOGA Yoga Deck 60 min / included	AFTER FLIGHT YIN YOGA Yoga Deck 60 min / included	IMMUNE BOOST HATHA YOGA Yoga Deck 60 min / included	ZERO STRESS HATHA YOGA Yoga Deck 60 min / included	ENERGY CHAKRA YOGA Yoga Deck 60 min / included
17:00	VOLLEYBALL MATCH Beach / Sports zone 30-90 min / included	PING PONG TOURNAMENT Beach / Sports zone 30-90 min / included	FOOTBALL MATCH Beach / Sports zone 30-90 min / included	VOLLEYBALL MATCH Beach / Sports zone 30-90 min / included	PETANGUE GAME Beach / Sports zone 30-90 min / included	BADMINTON MATCH Beach / Sports zone 30-90 min / included	FOOTBALL MATCH Beach / Sports zone 30-90 min / included

Prices per person. Meet up point at the specified location unless stated otherwise. All suitable for beginners. The program is subject to change. Ed202306b

BOOK IN PERSON: Reception desk or Yoga Room **BOOK VIA WHATSAPP:** +255 62 02 55 098



Save the program