



WELLBEING PROGRAM




	MONDAY / earth	TUESDAY / water	WEDNESDAY / fire	THURSDAY / air	FRIDAY / ether	SATURDAY / light	SUNDAY / spirit
8:30	YOGA FOR HEALTHY LEGS Yoga Deck 60 min	DEEP HIP YOGA Yoga Deck 60 min	IMMUNE SYSTEM HATHA YOGA Yoga Deck 60 min	YOGA FOR RESPIRATORY SYSTEM Yoga Deck 60 min	BACK BEND YOGA Yoga Deck 60 min	YOGA FOR ENDOCRINE SYSTEM Yoga Deck 60 min	YOGA FOR THE NERVOUS SYSTEM Yoga Deck 60 min
15:00	YIN YOGA FOR THE JOINTS Yoga Deck 60 min	GENTLE YIN YOGA FOR HIPS Yoga Deck 60 min	DIGESTIVE SYSTEM YIN YOGA Yoga Deck 60 min	YIN YOGA FOR TIGHT SHOULDERS Yoga Deck 60 min	YIN YOGA FOR BACK PAIN RELIEF Yoga Deck 60 min	YOGA NIDRA Yoga Deck 60 min	YOGA NIDRA Yoga Deck 60 min
17:00*	VOLLEYBALL MATCH Beach / Sports zone 30-90 min	PING PONG TOURNAMENT Beach / Sports zone 30-90 min	FOOTBALL MATCH Beach / Sports zone 30-90 min	VOLLEYBALL MATCH Beach / Sports zone 30-90 min	PETANQUE GAME Beach / Sports zone 30-90 min	BADMINTON MATCH Beach / Sports zone 30-90 min	FOOTBALL MATCH Beach / Sports zone 30-90 min

*Games may change according to guests' preferences. Please check with the guest services team for details.

TREAT YOURSELF WITH PRIVATE CLASSES & SPECIAL EXPERIENCES

Book in advance on preferred days / USD 50 per person

Available daily between 8:00 – 17:00	REIKI Rediscover the great bright light within. Relax and receive harmony into the body, mind, soul.	STAND UP PADDLE Flow with the waves of the Indian Ocean. Improve your flexibility and your mood with soothing sound of the waves.	MEDITATION This is an invitation for an intimate date with yourself. Be guided to bring awareness to the breath, to the body sensations and to come back to the present moment.	YOGA NIDRA Wake up with the blissful yogi sleep. Yoga Nidra is a deep meditative state in which the body gets into profound state of rest and digest.	PRANAYAMA Breath in peace. Breathe out stress. Bring balance to the mind, heart, body connection through the power of breath.	CACAO CEREMONY Connect with Mother Earth through the amazing plant of Cacao. Set an intention and open your heart to receive bliss.	 Save the program
---	--	---	---	---	---	---	---

Meet up point at the specified location unless stated otherwise. All suitable for beginners. The program is subject to change. Ed202406a

BOOK IN PERSON: Reception desk or Yoga Deck **BOOK VIA WHATSAPP:** +255 620 250 132