



WELLBEING PROGRAM


TWO WELLBEING CLASSES AND A DAILY SPORTS MATCH ARE INCLUDED FOR ALL GUESTS

	MONDAY / earth	TUESDAY / water	WEDNESDAY / fire	THURSDAY / air	FRIDAY / ether	SATURDAY / light	SUNDAY / spirit
8:30	GROUNDING HATHA YOGA Yoga Deck 60 min	VINYASA FLOW YOGA Yoga Deck 60 min	GUIDED ASHTANGA YOGA Yoga Deck 60 min	GENTLE YOGA Yoga Deck 60 min	BAKCBEND YOGA Yoga Deck 60 min	SUN SALUTATION YOGA FLOW Yoga Deck 60 min	MORNING YOGA FLOW Yoga Deck 60 min
15:00	FULL BODY & MIND STRETCH Yoga Deck 60 min	EASE & RELEASE STRESS Yoga Deck 60 min	FULL BODY & MIND UNWIND Yoga Deck 60 min	DEEP BODY & MIND RELAXATION Yoga Deck 60 min	RELAX & RESET Yoga Deck 60 min	GENTLE JOINTS RELEASE Yoga Deck 60 min	LOOSEN & LENGHTEN RELAXATION 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	CORE YOGA FLOW Activate your center and build strength with focused core sequences. Enhance stability, tone your body, and move with mindful energy for a balanced flow.	STAND UP PADDLE Flow with the waves of the Indian Ocean. Enhance your flexibility and boost your mood with the soothing sounds of the waves.	MEDITATION An invitation for an intimate date with yourself. Be guided to bring awareness to your breath and body sensations, helping you reconnect with the present moment.	ADVANCED YOGA Elevate your practice by exploring advanced variations. Deepen your strength through focused hip-opening poses and arm balances.	PRANAYAMA Breathe in peace. Breathe out stress. Cultivate balance in the mind, heart, and body through the transformative power of breath.	WHEEL YOGA Open your heart and release tension as you flow with the yoga wheel. Deepen your backbends, enhance flexibility, and discover new movements with gentle support.	 Save the program
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Meet up point at the specified location unless stated otherwise. All suitable for beginners. The program is subject to change.

BOOK IN PERSON: Reception desk or Yoga Deck **BOOK VIA WHATSAPP:** +255 620 254 397