WELLBEING PROGRAM

A MEMBER OF DESIGN HOTELS™

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
7:30	**YOGUILATES** Yoga Deck 45 min	**FITNESS WORKOUT** Beach 45 min	**YOGUILATES** Yoga Deck 45 min	**FITNESS WORKOUT** Beach 45 min	**SCULP & TONE WORKOUT** Yoga Deck 45 min	**FITNESS WORKOUT** Beach 45 min	**YOGUILATES** Yoga Deck 45 min
8:30	**GROUNDING HATHA YOGA** Yoga Deck 45 min	**VINYASA FLOW YOGA** Yoga Deck 45 min	**GUIDED ASHTANGA YOGA** Yoga Deck 45 min	**GENTLE YOGA** Yoga Deck 45 min	**FULL BODY FITNESS** Yoga Deck 45 min	**SUN SALUTATION YOGA FLOW** Yoga Deck 45 min	**MORNING YOGA FLOW** Yoga Deck 45 min
15:00	**FULL BODY & MIND STRETCH** Yoga Deck 45 min	**EASE & RELEASE STRESS** Yoga Deck 45 min	**GENTLE FLOW FITNESS** Yoga Deck 45 min	**SCULPT & STRECTH FLOW** Yoga Deck 45 min	**DYNAMIC FITNESS STRETCHES** Yoga Deck 45 min	**GENTLE JOINTS RELEASE** Yoga Deck 45 min	**LOOSEN & LENGHTEN RELAXATION** Yoga Deck 45 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. 60 min	**FLOATING SOUND BATH CEREMONY** A floating ritual of sound and serenity. Surrender to gentle vibrations that restore balance, deepen relaxation, and nourish your soul. 30 min	**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. 60 min	**ADVANCED YOGA** Elevate your practice by exploring advanced variations. Deepen your strength through focused hip-opening poses and arm balances. 60 min	**PRANAYAMA** Breathe in peace. Breathe out stress. Cultivate balance in the mind, heart, and body through the transformative power of breath. 60 min	**MBSR – STRESS REDUCTION** A private mindfulness journey to cultivate clarity, reduce stress, and reconnect with the present moment. 60 min	Save the program

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