

Daily Rhythm

The Sanskrit term for daily routine is 'dinacharya', which means 'to be close to the day'.

At the Sanctuary, we embrace the wisdom of Ayurveda and encourage alignment with the rhythms of nature. Our daily routine will regulate your internal biological clock, reset your nervous system, balance hormone levels, and support elevated mood and well-being. During your stay, you will acquire valuable self-care practices that you can integrate into your daily life.

- **05:30:** Welcome the day with a cup of herbal tea
- **06:00 – 07:30:** Energising and revitalising sunrise yoga session. We recommend a refreshing post-yoga swim* or a walk along the beautiful beach afterwards.
- **08:30:** Indulge in a nutritious breakfast served with a refreshing king coconut.
- **09:30 – 13:00:** Personalised programme of Ayurvedic treatments, resting, exploring or enjoying the space to simply be present.
- **13:00:** Delight in a delicious, freshly prepared lunch.
- **14:00 – 17:00:** Another window for Ayurvedic treatments, organised excursions and activities, or free time.
- **17:00 – 18:30:** Gentle evening yoga, meditation and mantra chanting often accompanied by the healing vibrations of the gong bath.
- **19:00:** Enjoy a fresh, light and delicious dinner at the communal table.
- **20:00:** Lights out for a restorative night's sleep.

*The current is too strong to swim directly on our doorstep, but a picturesque, 25-minute walk along Rekawa Beach will take you to a rock pool where it is safe to swim. We are also happy to organise a tuk-tuk to take you there and bring you back in time for breakfast each morning.