

Your Daily Activities & Meal Time



Morning

ACTIVITY

LOCATION

7.00 AM - 8.00 AM

MORNING WALK (BY REGISTRATION)

OUTDOOR

8.30 AM - 9.00 AM

MORNING MEDITATION

YOGA STUDIO

10.30 AM - 11.30 AM

ACTIVE YOGA

YOGA STUDIO

8.00 AM - 10.30 AM

BREAKFAST

THE RESTAURANT

12.00 PM - 12.30 PM

ALL ABOUT PRANA (BREATHING)

YOGA STUDIO



Afternoon

12.30 PM - 3.00 PM

LUNCH

THE RESTAURANT

2.00 PM - 3.00 PM

MINDFULNESS EXPLAINED

LECTURE ROOM

2.30 PM - 3.15 PM

AQUA GYM

SWIMMING POOL

3.30 PM - 4.30 PM

GENTLE YOGA

YOGA STUDIO



Evening

6.00 PM - 9.00 PM

DINNER

THE RESTAURANT

7.00 PM - 8.00 PM

DOCUMENTARY

LECTURE ROOM

*Depends on availability. Please check the **Activity Board** at the juice bar for updates.