Fitness & Yoga Holiday Program

Atmanjai
Detox Yoga Wellness

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00	Apple cider vinegar / Coffee	Apple cider vinegar / Coffee	Apple cider vinegar / Coffee	Apple cider vinegar / Coffee	Apple cider vinegar / Coffee	Apple cider vinegar / Coffee	Apple cider vinegar / Coffee
07:30	Yoga / Yoga sala	Yoga / Yoga sala	Beach training / Naiharn	Yoga / Yoga sala	Big Buddha walk / Chalong	Yoga / Yoga sala	Yoga / Yoga sala
08:30	Tea circle	Tea circle		Tea circle		Tea circle	
09:00	Wheatgrass and flaxseed shot + Breakfast	Wheatgrass and flaxseed shot + Breakfast	Wheatgrass and flaxseed shot + Breakfast	Wheatgrass and flaxseed shot + Breakfast	Wheatgrass and flaxseed shot + Breakfast	Wheatgrass and flaxseed shot + Breakfast	Wheatgrass and flaxseed shot + Breakfast
11:00 - 12:00	Abs & Cardio / Gym	Box it out / Gym		HIIT / Gym		Mobility & Joint Warm Up / Gym	Circuit training / Gym
12:00 - 12:30	Mobility training / Gym	Deep Stretch / Gym		Deep Stretch / Gym		MuayThai / Gym	Deep Stretch / Gym
12:30	**Lunch + Juice / Smoothie**						
13:00 / 14:00	Raw food recipes class	Health and wellness talk	Health and wellness talk				
15:00	Fresh coconut	Fresh coconut	Fresh coconut	Fresh coconut	Fresh coconut	Fresh coconut	Fresh coconut
16:00 - 17:00			Yoga / Yoga sala		Yoga / Yoga sala		
17:00 - 19:00	Herbal steam and ice bath therapy	Herbal steam and ice bath therapy	Herbal steam and ice bath therapy	Herbal steam and ice bath therapy	Herbal steam and ice bath therapy	Herbal steam and ice bath therapy	Herbal steam and ice bath therapy
19:00	Movie night	Reiki group healing session	Movie night	Wellness workshop	Movie night	Energy sound healing	Movie night
19:00 / 20:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner